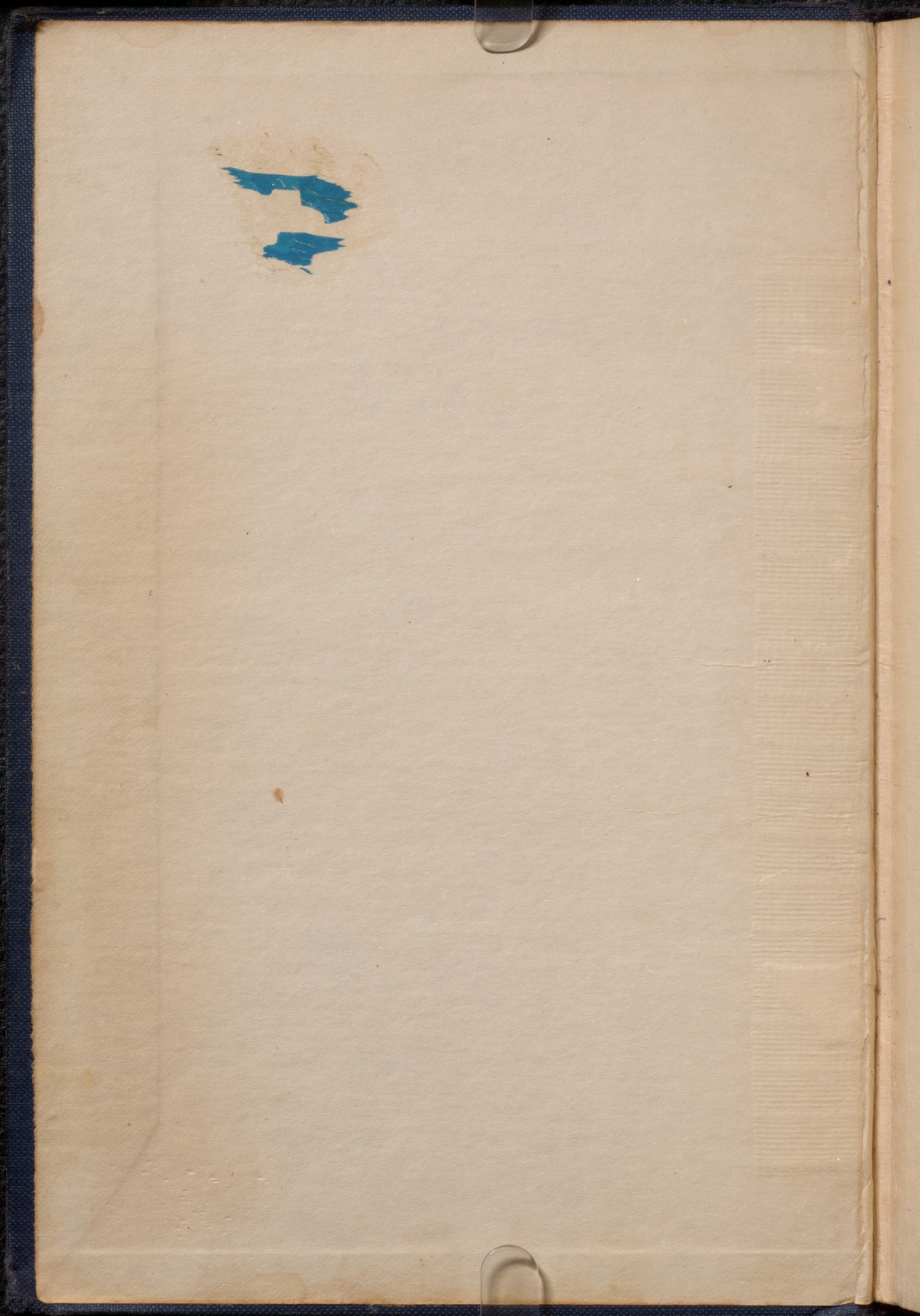


SHAWINIGAN FALLS

COOK BOOK

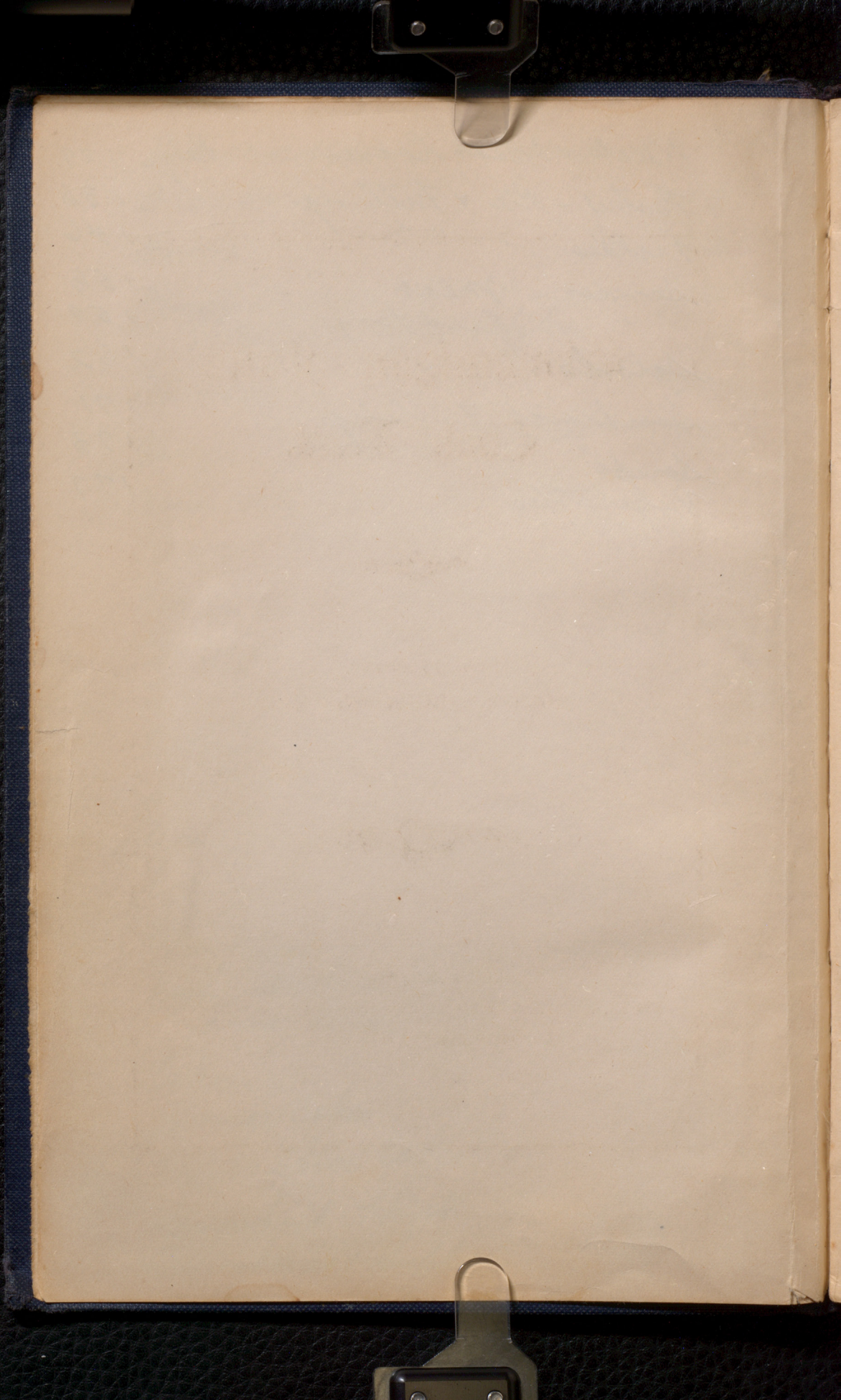


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ERRATA

- Page 69 — Doughnuts (1) reads "Sift 1 teaspoon soda with remaining dry ingredients" should read, "Sift remaining dry ingredients".
- Page 127 — Ham, Southern Style, reads, "Boil tomatoes, etc.", should read "Boil potatoes, etc."
- Page 131 — Liver reads "If dried liver, etc." should read "If fried liver, etc."
- Page 146 — Corn Relish reads "soak altogether", should read "cook altogether".
- Page 170 — Salad Dressing for Fruit Salad. Add $\frac{1}{2}$ cup sugar to ingredients.
- Page 170 — Vegetable Dressing for Salad, in Directions fourth line is a repetition of third line.
- Page 173 — Basic Recipe for Brown Soup Stock reads "beek", should be "beef".



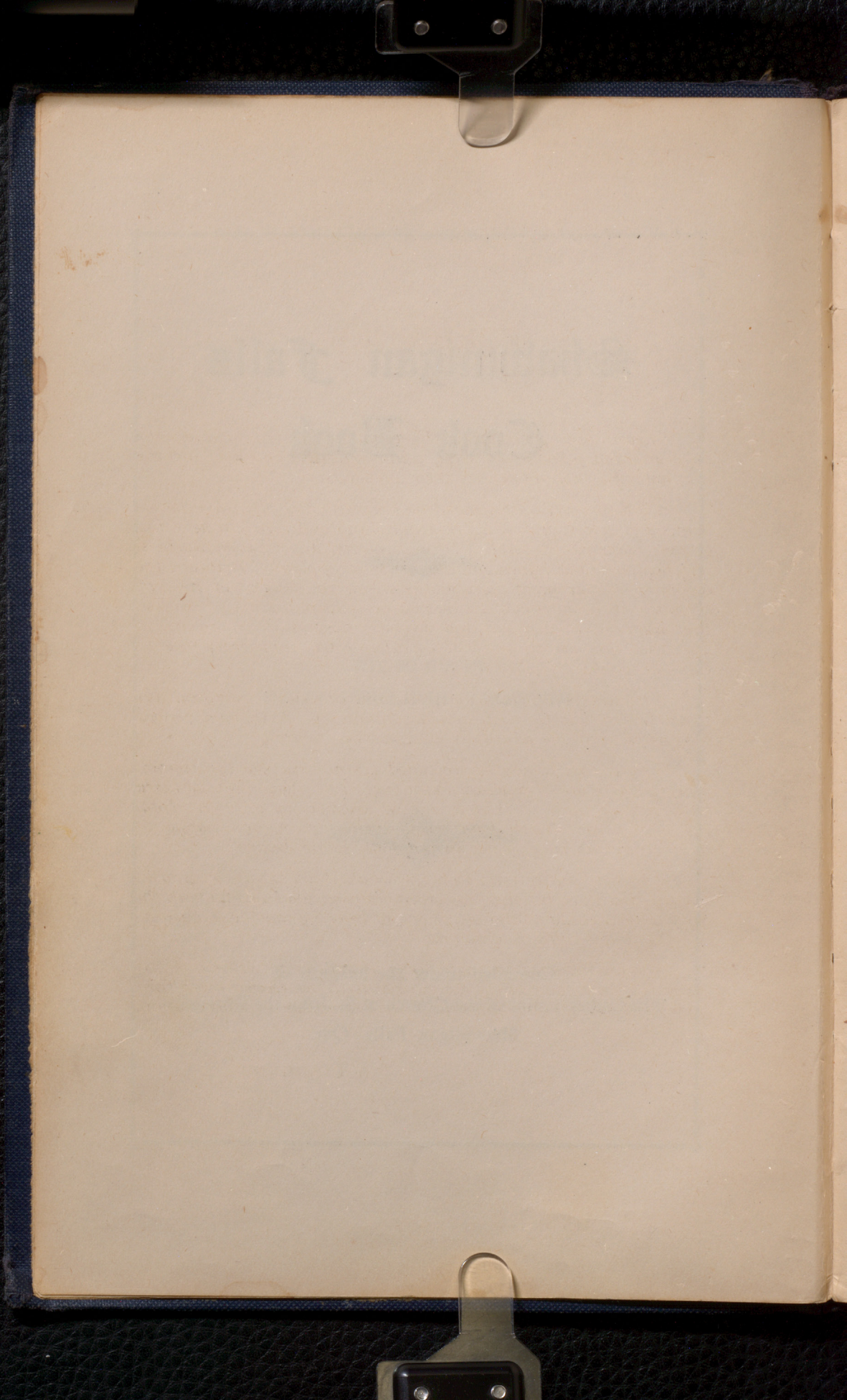
Shawinigan Falls Cook Book



IN AID OF THE
RECTORY BUILDING FUND



Compiled under the auspices of
The Ladies' Guild of the Church of St. John the Evangelist
Shawinigan Falls, Que.



FOREWORD

"Learn first thoroughly the economy of the kitchen, the good and bad qualities of every common article of food, and the simplest and best modes of their preparation.

To be a good cook means the knowledge of all fruits, herbs, balms and spices, and of all that is healing and sweet in field and groves; savoury in meats. It means carefulness, inventiveness, watchfulness, willingness and readiness of appliance. It means the economy of our great-grandmothers and the science of modern chemists; it means much testing and no wasting; it means English thoroughness, French art, and Arabian hospitality; it means, in fine, that you are to see that everybody has something nice to eat." — Ruskin.

The success which has attended our efforts in compiling this Cook Book indicates that another volume of "Tried and proved favourites" will be added to your kitchen library.

The recipes which are included are not necessarily original, but are the result of practical experience. They have been gathered from a large circle of friends, whose associations with St. John the Evangelist Church have made them willing and happy to be contributors to a "Shawinigan Falls Cook Book".

The Committee feels that the Cook Book is not lacking in variety, and that the selections given are particularly suitable to the housewife of to-day, who prides herself in being capable of answering the many calls of a community.

We are indebted to the "Better Homes and Gardens" Cook Book for their courtesy in permitting us to use recipes from their book, and we take this opportunity of expressing our appreciation.

THE COMMITTEE.

December 1936.



CHURCH OF ST. JOHN THE EVANGELIST SHAWINIGAN FALLS, Que.

The first Church of England services to be held in Shawinigan Falls according to our records, were in the year 1900. The Reverend Wm. Barton was the Priest in Charge, and he held services in various private houses. The congregations at that time varied from four to ten.

In that year the Shawinigan Water & Power Company donated a parcel of land for the building of a church and rectory. Work was begun on the church and the first service was held in it in February 1901. The congregations increased to a maximum of 38.

At the same time services were being conducted at Radnor Forges, by the Rev. Philip Callis. The Challice and Patten used in our Communion Services at the present time are those which were in use at the church of Radnor Forges, and were presented to that church in memory of the work of two lay readers, Mr. Bell and Mr. Comstock.

Mr. Barton occasionally assisted at the services at Radnor Forges, and also at Grandes Piles and Mackinack. No services are conducted at these places now, and the records are in our possession.

The church was altered and renovated in 1932, during the incumbency of the Rev. J. W. Harrison. The basement was converted into a church hall, electric heating was installed and the exterior was cased in stone. The building is now in very good condition and seats about 120 people.

LIST OF INCUMBENTS

The Rev. William Barton	1900-1903	The Rev. H. W. Sykes	1916-1916
" " G. E. Weagant	1903-1905	" " Owen Lewis	1916-1917
" " J. G. Ward	1905-1907	" " Norman R. Ward	1917-1918
" " S. C. Caffin	1907-1908	" " R. Ivan Ross	1918-1918
" " Owen Lewis	1908-1912	" " J. W. Harrison	1918-1933
" " Norman Snow	1912-1914	" " S. W. Williams	1933-
" " C. G. Stevens	1914-1916		

GRACES BEFORE MEALS

FOR CHILDREN

- 1 God is loving, God is Good;
And we thank Him for our food.
- 2 For all the strength we have
To run and leap and play;
For health and food and loving care;
We thank Thee, Lord, to-day.

G. B. R. E. Sunday School Lessons.

Mrs. E. R. Williams.

- 3 For what we are about to receive, may the Lord make us
truly thankful.
- 4 For these and all His other mercies, God's Holy Name be
blessed and praised.
- 5 Benedictus benedicat, per Jesus Christum Dominum Nostrum.
- 6 Pro his beneficiis, Te Deum laudamus.
- 7 God bless these gifts to our use, and ourselves to His service
for Jesus Christ's sake.
- 8 God bless our Church, our King, and this our home, and
give us peace in Christ.
- 9 God bless these gifts and make us thankful, through Jesus
Christ Our Lord.



BEVERAGES

LEMON SYRUP

6 lemons
4½ lbs of sugar
1 oz. citric acid

1 oz. tartaric acid
½ oz. Epsom salts
3 pints boiling water

Squeeze and cut up rind of six lemons. Add sugar and other ingredients. Add boiling water, let cool, strain and bottle.

Mrs. F. H. Andrews.

LOGANBERRY WINE

1 package seeded raisins
2 lb. brown sugar
3 oranges (juice)
peel of one

1 can loganberries
1 yeast cake
2 quarts of warm water

Let this ferment for about two weeks. Strain and bottle. Makes about 3 quarts.

Mrs. A. E. Scott.

GRAPE JUICE

10 lbs blue grapes

Cover with water and boil until well crushed, then strain as for jelly. Add water to make six quarts. To every quart of liquid add ½ lb sugar. Boil ½ hour and bottle while very hot. If preferred quite sweet, add more sugar.

A Friend.

CLARET PUNCH

1 quart cold water
½ cup raisins
2 inch pieces of cinnamon
lemon rind

1⅓ cups orange juice
⅓ cup lemon juice
1 pint claret wine

Put raisins in cold water. Bring to a boil. Boil 20 minutes. Strain. Add sugar, cinnamon, lemon rind. Boil 5 minutes. Add juices. Strain and cool. Then add wine.

Mrs. E. H. Acton.

MINT CUP

Juice of 5 lemons
3 cups of sugar

3 cups of water (boiling)
1 handful mint

Stand overnight. Strain and bottle. When needed add to gingerale, half and half.

Miss Florence Murray.

THREE FRUIT PUNCH

2 cups sugar
2 cups water
2 cups orange juice
1 cup grape fruit juice

$\frac{1}{2}$ cup pineapple juice
2 cups shredded pineapple
2 bottles gingerale.

Boil two cups sugar and two cups water for ten minutes. Cool. Add two cups of orange juice. One cup grapefruit juice, one half cup pineapple juice, 2 cups shredded pineapple. Add two bottles gingerale just before serving.

Mrs. J. I. McWilliams.

RASPBERRY VINEGAR

4 quarts raspberries to 1 quart vinegar

Let stand four days, then strain. To each pint of juice add 1 pound of sugar, and boil for 20 minutes. Bottle and keep in dry cool place.

Mrs. D. M. Fraser.

DANDELION WINE

1 quart Dandelion blossoms, good measure.

Put one gallon boiling water over same and leave for 24 hours. Strain on the following mixture:

Finely cut 3 oranges and 3 lemons.

Mix with 4 lbs white sugar. Leave for 48 hours.

Dissolve $\frac{1}{2}$ cake Fleischman's Yeast in $\frac{1}{2}$ cup lukewarm water. Put into above mixture. Let it work one week. After strain; and bottle. Cork loosely until working ceases. It takes some time to clear.

Mrs. John Oman.

GRAPE JUICE

1 basket blue grapes (10 lbs) $\frac{1}{2}$ pint water

Pick over and wash grapes. Then boil five minutes in the water. Crush well. Put in a bag and let drip, *do not squeeze bag*. Add 1 cup of sugar to each cup of juice. Boil five minutes. Bottle and seal. Sterilize bottles before using.

Mrs. R. H. MacDonald.

ORANGEADE

Rind of four oranges grated
4 lbs white sugar

3 pints of boiling water
2 oz. citric acid

Let stand 12 hours and bottle.

A Friend.

LEMON SYRUP

3 pints of boiling water	6 lemons (juice only)
5 lbs sugar	2 oz citric acid
4 grated rinds of lemons	1 oz. tartaric acid
2 egg whites	½ oz. Epsom salts

When cool add the whites of 2 eggs and stand 24 hours. Bottle and seal. Sterilize bottles before using.

RASPBERRY ACID

To 5 lbs of fruits, dissolve 2½ oz. of tartaric acid in a quart of water and pour over fruit. Let stand 24 hours and then strain through jelly bag. To each pint of juice add 1¼ lbs of sugar and then let it stand until sugar is melted. When adding sugar add 1 teaspoon salicylic acid. About 5 boxes of raspberries makes 5 lbs.

A Friend.

SEASONAL WINE

Put into large pot	
2 gallons of water	4 oz. bruised ginger
8 lbs of white sugar	rinds of 6 oranges
	3 lemons

Boil gently for one hour. Put into crock to ferment with ½ lb raisins. When fermentation has ceased add ¼ oz. isinglass. Bottle in sterilized bottles and let stand for some time until clear.

Mrs. John Oman.

SPICED LEMONADE

4 lemons (Rind of 1 lemon)	3 whole cloves
1 cup of sugar	½ teaspoon cinnamon
1½ cups of water	

Cook until sugar is dissolved. Add water to taste.

Mrs. E. H. Acton.

DELICIOUS FRUIT DRINK

1 cup or more of ripe strawberries picked over and washed
2 ripe bananas sliced as thin as possible
1 pineapple subdivided into cubes

The fruits are carefully mixed together, so as to keep their shape. A large lump of ice placed in the punch bowl and the fruit place around. Sweeten to taste with thin syrup made of sugar and water. Pour on 2 quarts of soda water or strong lemonade. If lemonade is used let aside one hour before serving.

E. J. W.

LEMON SYRUP

3 oz. citric acid	or juice of five lemons
1 oz. tartaric	5 lbs granulated sugar
½ oz. Epsom salts	3 pints of boiling water
4 lemons juice and rind	

Dissolve all in a little boiling water. Stir until dissolved and bottle. One or more tablespoonsfuls in glass with ice water is sufficient.

Mrs. C. R. Wark.

RASPBERRY VINEGAR

To 4 pints of ripe raspberries allow a pint and a half of vinegar. Bruise the fruit in a large bowl. Pour the vinegar over and cover it, let stand for three days. Put in a bag and drip overnight, *do not squeeze bag*. To each pint of juice, allow $\frac{3}{4}$ lb of sugar. Heat and stir occasionally until it boils. Let it boil for three minutes. Strain through muslin. Bottle when cold.

Mrs. J. S. Whyte.

LEMON SYRUP

Juice of 12 lemons, (let stand overnight)	Rind of six lemons
--	--------------------

Make a thick syrup by cooking 5 pounds of white sugar to 1 pint of water. Cool. Strain juice and squeeze oil from rind into syrup. A tablespoon in a glass of water is sufficient for a drink.

Mrs. E. H. Aeton.

RED RASPBERRY AND CURRANT CUP

1 cupful of red raspberries	⅓ cupful of orange juice
1 cupful of red currants	⅓ cupful of lemon juice
2 cupfuls of boiling water	1 cupful of tea infusion
1 cupful of sugar	

Crush the raspberries and currants thoroughly and strain through a cloth, then pour the boiling water carefully over the seed pulp and strain again. Add the sugar and cool. When ready to serve add the orange and lemon juice, and the tea infusion and pour over cracked ice. Two slices of fresh sliced cucumber added to the chilled mixture, then removed, imparts a novel tang to the drink.

B. H. G.

CLARET CUP

1 bottle Claret	Sugar to taste
1 bottle soda or Seltzer	A few slices of cucumber,
1 glass Curacao	remove cucumber after five
Peel of one lemon cut thin	minutes.

Mrs. Wm. Dawbarn.

BASIC CHOCOLATE SYRUP

1 cupful of sugar	2 tablespoonfuls strong coffee
$\frac{1}{2}$ cupful of cocoa	1 teaspoonful of vanilla
$\frac{3}{4}$ cupful of hot water	$\frac{1}{8}$ teaspoon of salt
1 inch of stick cinnamon	

Blend the sugar and cocoa together. Add the hot water and cinnamon and simmer for 10 minutes. Cool, remove the cinnamon stick, then add the coffee, vanilla and salt. Cover and store in a cold place until needed. It will keep indefinitely.

B. H. G.

APRICOT WINE

To 6 lbs prepared apricots allow 3 lbs sugar and 3 quarts water. Select sound ripe apricots in choice condition, wipe them carefully, stone and cut in quarters and then weigh. Put the sugar and water into preserving kettle (granite is preferable), bring to boiling point and skim when necessary. Then put in the apricots with some of their pits and let them simmer gently until very tender. Strain the liquid into an earthen ware vessel through double thickness of cheesecloth, cover and let stand overnight. Next day pour into clean dry bottles, add a lump of sugar to each, and cork tightly. Keep in cool dry place and in about 6 months the wine should be ready for use. (Note) Leftover apricot pulp makes a good jam with a little additional sugar

ORANGE WINE

To 26 medium sized oranges allow 2 gallons boiling water and to each gallon of liquor 2 lbs sugar. Wipe the oranges well and cut in slices, removing the seeds. Put in large container and pour the boiling water over. Cover and let stand for a week, stirring frequently. Then strain through a jelly bag, measure and add sugar as directed above. When dissolved, pour all into a cask and when it has ceased to ferment bung tightly. In 4 months it will be ready to bottle.

RASPBERRY WINE (fast)

To each quart raspberry juice allow 1 lb best sugar and white wine in proportion of 2 quarts to each quart clear raspberry juice. Raspberries should be fully ripe and dry, and picked at mid-day. Crush fruit, well with masher, let stand one day then strain through jelly bag. Measure juice and pour into stone jar, and add sugar in above proportion. Stir well, cover and let stand 3 days. Then pour off clear liquid, measure, and to each quart add 2 quarts white wine. Bottle at once and wine is ready in one week.

GINGER WINE

To each gallon water allow $3\frac{1}{2}$ lbs sugar, 2 oz. whole ginger, 2 lemons, 1 bitter orange, $\frac{1}{4}$ lb raisins and a little yeast. Wipe lemons and orange and peel off their yellow rind as thinly as possible. Bruise the ginger and tie it loosely in a muslin bag. Use either Demerara or loaf sugar or half and half.

Into a large preserving kettle put sugar, orange and lemon rinds and ginger, with about one fourth of the water. Dissolve slowly over low heat, then simmer gently for 1 hour, skimming when necessary. Then pour all into earthenware crock and add remaining water, cover and let stand 24 hours. Next day add the strained lemon and orange juice and stir in $\frac{1}{2}$ cake brewer's yeast. Split raisins and put into cask and pour liquid over them reserving a little for filling up. Stir well every day and keep filling up until fermentation stops — about 10 days. Tighten bung and leave 4 months before bottling. If wine becomes cloudy tie 1 teaspoon gelatin in muslin bag and let it hang in wine 1 month.

CHERRY WINE

To each quart cherry juice allow $\frac{1}{2}$ lb sugar.

Small black cherries are best. Gather when fully ripened, wipe carefully and remove stems. Put into large vessel and mash them without breaking the stones, cover and let stand 24 hours. Drain well through hair sieve, pressing through all the juice. Measure juice and add the sugar as directed above. Cover and let stand until next day; stirring occasionally until the sugar is dissolved. Pour into wine cask that will just hold it covering the bunghole lightly. When fermentation ceases, bung tightly for 3 months. Then bottle.

A Friend.

COFFEE MAKING

BOILED COFFEE (*serves three to four*)

$\frac{1}{2}$ cupful coffee
 $\frac{1}{2}$ cupful of cold water

4 cupfuls of boiling water
 $\frac{1}{2}$ cupful of cold water

Mix the coffee and cold water together in the coffee pot; add the boiling water and boil for three minutes. Let settle for 5 minutes and add the second half-cupful of cold water. Strain and serve.

PERCOLATED COFFEE

Allow 2 tablespoonsfuls of coffee to each cup. Add the required amount of boiling water (1 cupful to 2 tablespoonfuls of coffee) put the container of coffee in place, and allow to percolate until colour shows desired strength.

BOILED COFFEE WITH EGG

1 egg	$\frac{1}{2}$ cupful of cold water
1 cupful coffee	6 cupfuls of boiling water

Beat the egg without separating and mix with the coffee, adding the cold water. Turn into the pot and add the boiling water, stirring as the water is added. Bring the coffee to a boil and cook for 1 minute. Remove to a warm place and let stand for 3 minutes. Strain and serve.

DRIP COFFEE

Pre-heat the pot. It may be set in a warm place for several minutes before using or it may be placed in a pan containing hot water.

Use a finely ground or pulverized coffee, for it gives a more rapid and nearly complete solution of the flavor-giving substances.

Allow at least 1 tablespoonful of coffee for every cupful of water and an extra tablespoonful for the pot. Many individuals like stronger coffee than this makes. It is suggested that $\frac{1}{2}$ cupful of the finely ground coffee to 5 cupfuls of boiling water.

Make certain that the water boils, then pour it over the ground coffee. If the water is measured before it is boiled, allow an extra cupful for evaporation. The dripping process should not last longer than 2 minutes. Long dripping at a lower temperature increases the bitter taste and decreases the delightful flavor and aroma.

Strain and serve the coffee at once. If there must be a delay in the serving, keep the coffee piping hot, but do not let it boil.

TEA

To make good tea:

Use freshly scalded china or earthenware teapot.

Use freshly drawn and boiled water.

One teaspoon tea to one cup boiling water.

Pour enough boiling water on leaves to cover. Infuse three minutes. Add more boiling water until tea pot is three quarters full. Do not boil. Place near heat or cover with tea-cosy.

BEEF TEA

1 lb round steak	2 cups cold water
------------------	-------------------

Remove all fat from meat and cut in small pieces. Put in top part of double boiler and add cold water. Allow to stand 15 minutes to draw out juices. Put cold water in bottom part of double boiler and cook slowly two hours. Strain and season with salt.

Mrs. R. H. MacDonald.

BREADS

BOSTON BROWN BREAD (steamed)

- | | |
|-----------------------------|--------------------------------|
| 1 cup corn meal | 2 cups sour milk or warm water |
| 1 cup flour | may be substituted |
| 1 cup Graham or Whole Wheat | $\frac{3}{4}$ cup molasses |
| 1 teaspoon salt | |
| $\frac{3}{4}$ teaspoon soda | |

Sift soda and salt with flour, add other dry ingredients. Add liquids slowly to avoid lumps. Pour into buttered mold and steam three to four hours. Cover with wax paper and adjust cover. Coffee tins make good molds.

Mrs. R. H. MacDonald.

BROWN BREAD

- | | |
|-----------------------------|----------------------|
| 1 cup molasses | 1 cup Graham flour |
| 2 scant cups sour milk | 2 cups cornmeal |
| 1 teaspoon soda | Few raisins to taste |
| $\frac{1}{2}$ teaspoon salt | |

Sift soda and salt with flour, add other dry ingredients. Add liquids slowly to avoid lumps. Pour into buttered mold and steam three to four hours. Cover with wax paper and adjust cover to fit tightly.

Mrs. H. F. Cook.

BROWN BREAD

- | | |
|--------------------------------|---------------------------------|
| 1 cup fine cornmeal | 1 teaspoon salt |
| 1 cup Graham flour | $\frac{3}{4}$ cup molasses |
| 1 cup Bread flour | 2 cups sour milk or buttermilk. |
| $\frac{3}{4}$ tablespoons soda | |

Mix and sift dry ingredients. Add molasses and milk, mix thoroughly. Pour into buttered molds and steam $3\frac{1}{2}$ hours.

Mrs. J. E. Weir.

BANANA BREAD

- | | |
|-------------------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter | 2 cups flour (scant) |
| 1 cup sugar (scant) | 1 teaspoon soda |
| 2 eggs | $\frac{1}{2}$ teaspoon salt |
| 3 large bananas
mashed with fork | |

Cream butter and sugar, add beaten eggs. Add banana. Sift dry ingredients and add to creamed mixture. Bake slowly one hour in buttered loaf pan.

Mrs. C. W. Drummond.

BROWN BREAD

3 cups rolled oats	1 cup molasses
3 cups boiling water	1 yeast cake
2 teaspoons salt	1 cup warm water
1 tablespoon Crisco	6 cups white flour (Five Roses)

Pour boiling water on oatmeal, add salt, Crisco, and molasses. Use half of cup of water to rinse molasses cup, leaving balance for yeast cake. Let above mixture stand until lukewarm, then add yeast and flour. Allow to rise overnight, in morning put in well buttered bread pans with wooden spoon. Let rise in pans until light. Bake slowly. This makes two loaves. Approximate oven temperature 250 to 300 degrees.

Mrs. Frank Lawrence.

BUCKINGHAMSHIRE LARDY CAKE

1 lb dough (just finished rising)	3 oz. sugar
3 oz. currants	6 oz. lard
$\frac{1}{4}$ teaspoon allspice	

Knead the dough and flatten it out with rolling pin. Then spread shortening over dough, adding currants, sugar and spice. Roll dough up, flatten it out again and slash it on top with knife. Place in a buttered pan and let it stand in warm place for ten minute s. Bake in fairly quick oven, lowering the heat as it finishes baking. Lardy cake should be eaten the day it is made.

Mrse. T. Barelay.

DATE BREAD

$\frac{1}{2}$ cup sugar	$2\frac{1}{2}$ cups flour white or graham
1 egg	4 teaspoons baking powder
1 cup milk	1 heaping cup stoned dates

Combine ingredients in bowl in order given. Mix lightly and bake in moderate oven in buttered loaf pan.

Mrs. F. J. Drummond.

DATE BREAD

3 cups chopped dates	1 egg
$1\frac{1}{2}$ cup boiling water	1 teaspoon vanilla
2 cups brown sugar	$2\frac{3}{4}$ cups flour
2 teaspoons soda	1 teaspoon salt
2 tablespoons butter	1 cup chopped walnuts

Chop dates and cover with boiling water. Add sugar, butter and soda. Allow to cool. Add beaten egg. Sift dry ingredients and add to mixture with vanilla and walnuts. Bake in a very slow oven. This makes 2 loaves.

Mrs. W. C. Bean.

DATE BREAD

$\frac{1}{4}$ cup butter	1 lemon (grated rind and juice)
$\frac{1}{4}$ cup shortening	2 cups flour
1 cup sugar	1 teaspoon soda
1 cup chopped nuts	$\frac{1}{2}$ cup boiling water
1 teaspoon cinnamon	1 cup chopped dates

Cream shortening adding sugar. Dissolve soda in boiling water, allow to cool. Sift dry ingredients. Combine and add remaining ingredients. Bake in buttered loaf pan for one hour.

Mrs. R. E. Allen.

DATE AND NUT BREAD

$1\frac{1}{2}$ cups flour	Butter size of walnut
1 cup white sugar	1 cup chopped walnuts
$\frac{1}{4}$ lb. dates	$\frac{1}{2}$ teaspoon soda
1 egg	$1\frac{1}{2}$ teaspoon baking powder
$\frac{1}{8}$ teaspoon salt	

Cut dates in small pieces, add soda and boiling water. Add butter and sugar; when cool add unbeaten egg and vanilla. Mix thoroughly. Add dry ingredients sifted twice. Add nuts last. Bake in moderate oven. May be baked in baking powder tins if desired.

Mrs. R. Healy.

ENTIRE WHEAT BREAD

2 cups scalded milk	1 yeast cake dissolved in $\frac{1}{4}$ cup of lukewarm water
$\frac{1}{4}$ cup brown sugar or	
$\frac{1}{8}$ cup molasses	$4\frac{3}{8}$ cups coarse entire wheat flour
1 teaspoon salt	

Add sweetening and salt to scalded milk. Cool. When lukewarm add dissolved yeast cake and flour. Beat well. Cover and let rise to double its bulk. Cut down and turn into buttered bread pans half full. Allow to rise and bake in medium oven.

Mrs. Angus Smith.

GERMAN CHRISTMAS BREAD

2 cakes compressed yeast	$\frac{1}{2}$ cup butter and lard mixed
$1\frac{3}{4}$ cups milk	$\frac{1}{4}$ cup chopped citron
$7\frac{1}{2}$ cups bread flour	$\frac{1}{2}$ cup chopped almonds
$\frac{1}{2}$ cup sugar	1 cup raisins
2 eggs	$\frac{1}{2}$ teaspoon grated lemon rind
2 teaspoons salt	

Heat milk, add shortening, sugar and salt; cool, and add fruit, and eggs beaten lightly, and yeast cakes which have been softened in $\frac{1}{4}$ cup warm water. Add the flour, which has been sifted; mix, and knead gently. Cover bowl and let rise until the bulk is doubled; cut down and let rise again. Make into loaves and bake in moderate oven about 50 minutes.

Mrs. A. E. Scott.

GRAHAM BREAD

$\frac{1}{2}$ cup molasses	1 egg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cup sweet milk	2 teaspoons baking soda
1 cup white flour	1 teaspoon cream of tartar
2 cups graham flour	

Mix egg and sugar. Add milk and molasses, then the dry sifted ingredients. Put in buttered loaf pans and bake one hour.

Mrs. H. R. Ross

GRAHAM BREAD

4 cups Graham flour	1 teaspoon salt
1 cup brown sugar	2 cups sour milk or
1 teaspoon baking soda	buttermilk

Mix all dry ingredients well. Lastly add 2 cups sour or buttermilk. Bake slowly one hour in buttered pans.

Mrs. C. B. Bradley.

GRAHAM DATE BREAD

1 cup white flour	1 cup stoned dates
2 cups graham flour	1 cup raisins
1 cup brown sugar	$\frac{1}{2}$ cup chopped walnuts
1 teaspoon baking powder	2 cups sour milk
1 teaspoon soda	

Mix and sift all dry ingredients well. Pit and cut dates and raisins. Add with nuts, after adding sour milk. Bake in buttered loaf pans in slow oven $\frac{3}{4}$ to one hour.

Mrs. F. Bush.

GRAHAM BREAD OR PUDDING

1 cup molasses	1 cup seeded raisins
1 cup sour milk	1 saltspoon salt
2 cups graham flour	1 teaspoon soda

Add sour milk to molasses. Sift dry ingredients and add, also raisins. Steam four hours in buttered coffee tins. Can be served hot with hard or lemon sauce. Sliced cold for bread is delicious.

Mrs. C. Drummond.

NUT BREAD

$1\frac{1}{2}$ cups white flour	Pinch of salt
$1\frac{1}{2}$ cups Graham flour	1 cup chopped walnuts
$\frac{1}{2}$ cup brown sugar	1 egg
Small piece of butter	Milk to make stiff batter
2 teaspoons baking powder	

Sift dry ingredients. Combine with remaining ingredients. Bake in two buttered loaf tins.

Mrs. M. Marchant.

NUT BREAD

WET MIXTURE

2 cups milk
1 egg

DRY MIXTURE

1 cup sugar
4 cups flour
1 teaspoon salt
4 teaspoon baking powder
1 cup broken walnut meats

Mix dry ingredients and stir in milk and eggs. Allow to rise in warm place for half an hour in a buttered and floured loaf tin. Bake in moderate oven for one hour. This makes one large loaf or 2 small ones.

Mrs. J. F. Ellis.

OATMEAL BREAD

2 cups rolled oats
1 tablespoon lard
 $\frac{3}{4}$ cup molasses
1 tablespoon salt

3 cups boiling water
8 cups flour
1 yeast cake
 $\frac{1}{4}$ cup warm water

Pour boiling water over rolled oats, lard, molasses and salt. Cover and let stand 1 or 2 hours. Add 1 yeast cake which has been dissolved in $\frac{1}{4}$ cup warm water and flour to make a stiff dough. Let stand overnight. Cut down and make into loaves on a floured board. Put loaves into well buttered bread pans. Let rise until double in bulk. Bake in moderate oven one hour (approximately 300 degrees). This makes 4 small loaves.

Mrs. R. H. MacDonald.

ORANGE BREAD

2 large oranges
Cold water

$\frac{3}{4}$ cup white sugar

Cut in fairly small pieces yellow rind of oranges. Add cold water and cook until tender and only rind is left, — no juice. Add sugar. Stir and cook until clear and candied. Cool. (May be done the day before).

1 beaten egg
 $\frac{2}{3}$ cup sugar
3 sm. tablespoons melted butter
1 cup milk

$\frac{2}{3}$ teaspoon salt
Candied orange peel
 $2\frac{1}{2}$ cups bread flour
2 teaspoons baking powder

Sift baking powder with flour. Mix altogether thoroughly and bake slowly in buttered bread pans. Increase heat when nearly done. Slice and butter when cold.

Mrs. A. E. Parker.

ORANGE BREAD

Peel of three oranges
1 cup white sugar
2 eggs
1 cup milk

3 cups flour
3 teaspoons baking powder
1 teaspoon salt

Grind peel of oranges and boil in water until tender, and water is nearly boiled away. Sift dry ingredients, add to beaten eggs and milk. Add orange peel. Bake very slowly for one hour. Make two small loaves.

Mrs. J. I. McWilliams

ORANGE BREAD

1 cup orange peel
1 cup water

2 cups sugar

Two oranges make 1 pint of orange syrup.

1 cup orange syrup mixture
1 egg
 $\frac{3}{4}$ cups sugar
1 tablespoon butter

1 cup sweet milk
3 cups sifted flour
1 teaspoon salt
2 teaspoon baking powder

Put orange peel through grinder. Soak in salt and water. Drain. Add 1 cup water and 2 cups sugar, cook for $\frac{1}{2}$ hour. Add this orange syrup mixture to remaining ingredients. Sift dry ingredients together. Bake in medium oven in buttered loaf pans.

Mrs. D. C. Davidson,

PLUM BREAD

2 lbs flour
 $\frac{3}{4}$ lb currants
 $\frac{1}{4}$ lb raisins
 $1\frac{1}{4}$ lbs sugar
Dash of nutmeg and salt

$\frac{1}{4}$ lb lard
 $\frac{1}{4}$ lb butter
3 oz. baking powder
2 eggs
Milk

Sift baking powder and flour together. Cut in shortening; add the other ingredients, add well beaten eggs; milk to make not too soft a batter. A little flavouring, lemon or almond essence are good. Bake about $1\frac{1}{2}$ hour in well buttered loaf pan. This bread improves with keeping.

Mrs. A. E. Ducker

RAISIN LOAF

2 eggs
 $\frac{1}{2}$ cup white sugar
2 cups flour
2 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup milk (approximately)
1 cup raisins

Add sugar to well beaten eggs. Sift dry ingredients together, add milk and raisins. Bake one hour in slow oven.

Mrs. A. C. Jenkinson.

SODA BREAD

- | | |
|---------------------------------|---------------------------------------|
| 2 large breakfast cups of flour | 1 teaspoon soda |
| 2 tablespoons sugar | $\frac{3}{4}$ cup currants or raisins |
| Pinch of salt | Sour milk to make stiff dough |
| 1 teaspoon cream of tartar | |

Sift dry ingredients into large bowl. Add fruit, then enough sour milk to make a stiff dough. Form into a cake and criss cross top with knife dipped in flour. Bake in hot oven for $\frac{1}{2}$ hour or more. Test with skewer before removing from oven. Do not cut while hot. When cool slice thin and butter.

Mrs. T. E. Strong.

VIRGINIA CORN BREAD

- | | |
|-------------------------|---------------------------|
| 3 cups cornmeal | 1 teaspoon salt |
| 1 cup flour | 2 teaspoons baking powder |
| 3 cups sweet milk | 3 eggs |
| 1 tablespoon shortening | 1 tablespoon sugar |

Sift all dry ingredients together into a large bowl. Cut in the shortening, cold. Add the well beaten eggs and milk. Bake in buttered pans in oven for 30 to 40 minutes. Hot oven.

Mrs. H. Shirt.

WHITE BREAD

- | | |
|----------------------------------|-----------------------|
| $\frac{1}{2}$ cup lukewarm water | 1 pint water |
| 1 teaspoon sugar | 2 tablespoons sugar |
| 1 yeast cake | 1 tablespoon salt |
| 1 pint scalded milk | 3 quarts sifted flour |
| 2 tablespoons shortening | |

To $\frac{1}{2}$ cup lukewarm water add 1 teaspoon sugar and yeast cake, stand until dissolved. Add shortening to scalded milk. Add 1 pint of water to cool, — add sugar and salt, then add the yeast, stir well, then flour to make a stiff dough, or, until it ceases to stick to the bowl. Cover and let rise in warm place, free from draughts for about three hours or until it has doubled in bulk. Knead down and let rise for another hour or until it has doubled in bulk. Cut down and mold into loaves. Place in well buttered loaf pans and allow to rise until it has doubled in bulk. Bake 50 to 60 minutes in a moderately hot oven. This will make 4 small loaves or 3 large ones.

ROLLS

ICE BOX ROLLS (CLOVER LEAF)

- | | |
|----------------------------------|----------------------------------|
| $\frac{1}{2}$ cup sugar (scant) | 2 yeast cakes (dissolved) |
| $\frac{1}{2}$ cup Crisco or lard | $\frac{1}{4}$ cup lukewarm water |
| 2 cups boiling water | 1 teaspoon sugar |
| 2 eggs | Flour enough to make a |
| 1 heaping teaspoon salt | stiff dough |

Cover sugar and Crisco with boiling water. Cool until lukewarm, stirring until dissolved, add well beaten eggs, salt and sugar. Dissolve yeast cakes and add. Add flour enough to make a stiff dough. Stir with wooden spoon until you can stir no more and then knead. Put into buttered bowl and let rise in refrigerator until the next day. Every day cut with knife or knead to let our air. About 5 hours before you wish to bake, take out some dough and put 3 balls the size of a walnut into each section of a buttered muffin tin. Leave in a warm place to rise. Bake in a hot oven. This dough will keep for at least a week but must be cut down

Mrs. E. R. Williams.

ICE BOX ROLLS

- | | |
|---------------------------|---------------------------|
| 2 cups milk scalded | 1 yeast cake dissolved in |
| $\frac{1}{2}$ cup butter | lukewarm water |
| $\frac{1}{2}$ cup lard | 2 eggs |
| 1 scant cup sugar | 1 tablespoon salt |
| 1 cup hot mashed potatoes | Flour |

Add shortening to milk, cool until lukewarm, add sugar and eggs beaten together. Then mashed warm potatoes and yeast dissolved. Salt. Flour enough to make a stiff dough. Put into large bowl and place in ice box until next day. Take out amount required for rolls. Form into rolls and let rise about three hours. Bake in quick oven for half an hour. Dough is good for three days.

Mrs. H. R. Ross.

PARKER HOUSE ROLLS

- | | |
|-----------------------|---------------------|
| 2 cups milk (scalded) | 1 tablespoon butter |
| 1 yeast cake | 1 dessertspoon salt |
| 1 tablespoon sugar | Flour |

Scald milk. Dissolve yeast in lukewarm water and add to scalded, cooled milk. And remaining ingredients. Flour to make a stiff dough. Knead and let rise until double in bulk. Knead again and make into rolls. Let stand about one hour and cook in oven about 400 degrees for 20 to 25 minutes. These rolls can be started at 9 a.m. and be ready for 3 p.m.

Mrs. D. C. Davidson.

TWO HOUR TEA ROLLS

1 yeast cake
 $\frac{1}{2}$ cup scalded milk
 $\frac{1}{2}$ cup lukewarm water
 3 cups bread flour

2 tablespoons butter or lard
 $\frac{1}{2}$ teaspoon salt
 1 tablespoon sugar

Scald milk with shortening and allow to cool until lukewarm. Dissolve yeast and sugar in lukewarm water. Add flour and salt. Knead on floured board, roll slightly and cut with biscuit cutter. Fold over. Place in buttered pans and allow to rise two hours. Bake ten minutes in quick oven.

Miss Marjorie Farquhar.

ROLLS

2 cups scalded, milk
 2 tablespoons sugar
 1 teaspoon salt
 4 tablespoons butter

When cool, add:
 1 dissolved yeast cake
 3 cups flour

Beat thoroughly, and let rise until light, then cut down again and add enough flour to knead. Let rise again. Knead, pat and roll out to one-third thickness, cut with biscuit cutter, brush over half of each roll with melted butter. Fold over and press edges together. Place in buttered pan $\frac{1}{2}$ inch apart, cover and let rise until light. Bake twenty minutes in hot oven.

Mrs. Angus Smith.

BUTTER ROLLS (with baking powder)

4 cups flour
 2 teaspoons baking powder
 1 teaspoon salt

2 tablespoons butter
 1 beaten egg
 1 pint milk

Sift flour, salt and baking powder together. Rub in butter and add beaten egg. Mix with milk as soft as possible. Roll out. Cut with $1\frac{1}{2}$ inch diameter cutter, and dip in melted butter. Fold over and bake quickly at 475 degrees 12 to 15 minutes.

Mrs. F. Kottmeir.

ROLLS

Scald
 2 cups milk and pour over
 2 oz. butter

Dissolve
 1 yeast cake (in lukewarm milk)
 4 cups flour
 1 teaspoon salt

Knead lightly. Let rise about two hours, shape into small round buns, and put into greased pans and let rise until twice their size (about one hour). Bake twenty minutes. Hot oven.

Mrs. J. Atkins.

CARAMEL ROLLS

1 cake compressed yeast	1 teaspoon salt
$\frac{1}{2}$ cupful warm water	1 cupful shortening
$\frac{3}{4}$ cupful sugar	2 eggs
$1\frac{3}{4}$ cups milk, scalded	5 to 6 cupfuls white flour

Break yeast into small pieces and put in $\frac{1}{2}$ cupful of warm water with 1 teaspoonful of sugar. Scald the milk. Put sugar, salt, and shortening into a large bowl and pour the hot milk over and add the beaten eggs. When this is cool, add the yeast and flour, using more flour if necessary. Let rise 3 to 4 hours in a warm place. Then take the dough and roll $\frac{1}{2}$ inch thick as you do for cookies. Spread with butter, brown sugar, and cinnamon, roll and form into a ring. Save out a little dough for center of roll. Then into an iron frying pan put a layer of brown sugar and little bits of butter. Place the ring in the pan. Cut with scissors so that the roll looks like a row of cinnamon rolls. Place the dough you have reserved in the center of the ring. No part of the brown sugar should show. Let rise, and bake in a moderate oven 300 to 350 degrees. When baked, turn the roll over.

B. H. G.

MUFFINS, BAKING POWDER BISCUITS, WAFFLES, GRIDDLE CAKES

HINTS IN MUFFIN MAKING

Mixing: Special care should be taken to avoid overstirring for muffins are more easily ruined by this than by any other means. Do not attempt to stir or beat a muffin batter until it is smooth. A good muffin batter will look lumpy. Just a few seconds' overbeating makes the muffin batter rise to peaks and be full of holes.

Baking: Muffins are usually baked in a hot oven 425 degrees for 25 minutes, or until the crusts are golden brown. This differs of course when the leavening agent is not baking powder, then muffins are usually started at a lower temperature and heat increased.

B. H. G.

MUFFINS

BANANA MUFFINS

- | | |
|--|---------------------------------|
| 1 heaping cup flour | $\frac{1}{8}$ teaspoon nutmeg |
| $2\frac{1}{4}$ teaspoons baking powder | $\frac{1}{2}$ cup raisins |
| 2 heaping tablespoons brown sugar | 1 tablespoon melted shortening |
| $\frac{1}{4}$ teaspoon salt | 1 egg |
| $\frac{1}{8}$ teaspoon cinnamon | $\frac{3}{4}$ cup mashed banana |
| | $\frac{1}{4}$ cup milk |

Mix in order given and bake in well buttered muffin tins about 10 minutes.

Mrs. H. S. Neeld.

APPLE MUFFINS

- | | |
|---|------------------------------------|
| $2\frac{1}{4}$ cups sifted pastry flour | 4 tablespoons butter or shortening |
| $2\frac{1}{4}$ teaspoons baking powder | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ teaspoon salt | 1 egg |
| $\frac{1}{4}$ teaspoon cinnamon | 1 cup milk |
| $\frac{1}{4}$ teaspoon nutmeg | 1 cup finely chopped apple |

Cream butter, add sugar. Stir in well beaten egg and then flour sifted with other dry ingredients; and milk. Fold in apples. Fill buttered muffin pans two-thirds full and sprinkle top of batter with more sugar mixed with a little cinnamon and nutmeg. Bake 20 or 25 minutes in a hot oven (400 degrees).

Mrs. E. R. Williams.

BANANA MUFFINS

- | | |
|-----------------------------|--------------------------------|
| 1 cup flour | 1 egg |
| 1 teaspoon baking powder | 2 tablespoon sour milk |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoon melted shortening |
| $\frac{1}{4}$ teaspoon soda | 1 cup sliced bananas |
| 2 tablespoons sugar | |

Mix first five ingredients. Mix egg well beaten with milk, shortening and bananas until the bananas are broken up. Combine with dry mixture. Stir only long enough to dampen all the flour. Bake in well buttered muffin pans at about 400 for 30 to 35 minutes.

Mrs. E. R. Williams.

CORNMEAL MUFFINS

- | | |
|---------------------------|-----------------------------|
| 1 cup cornmeal | $\frac{7}{8}$ cup milk |
| 1 cup white flour | $\frac{1}{2}$ teaspoon salt |
| 4 teaspoons baking powder | 2 eggs |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ cup butter |

Sift dry ingredients. Add milk, then well beaten eggs. Butter last. Bake in hot oven.

Mrs. F. H. Andrews.

CORN MUFFINS

1 cup flour
 $\frac{3}{4}$ cup cornmeal
 1 egg
 $\frac{1}{2}$ cup sugar

1 teaspoon baking powder
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ tablespoons butter
 Pinch of salt

Mix flour, baking powder and salt. Add cornmeal and then the liquid. Melt butter and mix with sugar. Combine ingredients, stirring well, lastly add the well beaten egg. Bake in moderate oven in buttered gem pans.

Mrs. D. M. Fraser.

CORNMEAL GEMS

Butter size of a small egg
 $\frac{1}{4}$ cup sugar
 1 egg
 1 teaspoon salt

1 cup thin sour cream
 1 cup cornmeal
 1 cup flour
 1 teaspoon soda

Cream butter and sugar, add well beaten egg. Then cornmeal and flour sifted together, and when well mixed, add soda. Bake in buttered gem pans in rather slow oven to begin with; increase heat after they have risen. Cook until nicely brown. If required for breakfast, gems are greatly improved by mixing the night before and adding soda in the morning.

Mrs. W. Nish.

DATE MUFFINS

$\frac{1}{4}$ cup butter
 1 egg
 2 cups flour
 2 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ lb dates

Add beaten egg to creamed butter and sifted dry ingredients alternately with milk, then dates cut in small pieces. For sweet muffins sift $\frac{1}{4}$ cup sugar with dry ingredients. Bake in buttered muffin tins about 15 minutes. Hot oven.

Mrs. D. R. Wilson.

GRAHAM GEMS

1 cup white flour
 1 cup graham flour
 1 cup milk
 1 egg

4 teaspoons baking powder
 4 tablespoons melted butter
 $\frac{3}{4}$ teaspoons salt
 $\frac{1}{4}$ cup sugar

Beat egg well, add melted butter, then sifted dry ingredients alternately with milk. Bake in hot oven for 20 minutes in buttered gem pans. For sweet muffins, 4 tablespoons brown sugar is added with dry ingredients.

Miss Florence Murray.

GRAHAM MUFFINS

1 cup graham flour	1 teaspoon salt
1 cup white flour	1 to 3 tablespoons melted butter
$\frac{1}{4}$ cup sugar	4 teaspoons baking powder
1 cup milk	

Mix and sift dry ingredients, adding milk gradually, eggs well beaten and melted butter. Bake in hot oven in buttered muffin pans for 25 minutes.

Mrs. F. H. Andrews.

QUICK MUFFINS

$2\frac{1}{4}$ cups pastry flour	1 egg
4 teaspoons baking powder	1 cup milk
2 tablespoons sugar	3 tablespoons melted butter
$\frac{1}{2}$ teaspoon salt	

Mix flour, baking powder, salt and sugar and sift into a large bowl. Beat the egg until foamy, turn milk into egg, add melted butter. Combine wet and dry mixture as follows: Turn wet ingredients into the dry and stir as vigorously as possible, until the dry ingredients are just dampened. This will take about 10 to 20 seconds and the batter will look lumpy. Avoid over stirring. Dip the batter into buttered muffin tins filling each section about two-thirds full. Bake 20 minutes at 425 degrees. Remove muffins from tins as soon as they are done and serve at once.

Mrs. E. R. Williams.

WHOLE BRAN MUFFINS

1 cup sifted flour	$\frac{3}{4}$ cup milk
$3\frac{1}{2}$ teaspoons baking powder	1 cup whole bran
3 tablespoons sugar	1 well beaten egg
$\frac{1}{4}$ teaspoon salt	3 tablespoon melted butter

Sift flour once, measure add baking powder, sugar and salt. Sift again. Pour milk over bran mixture, add flour and butter, stirring as little as possible. Bake in buttered muffin pans in hot oven 20 minutes.

Mrs. F. H. Andrews.

ROCK BUNS

3 cups flour	3 teaspoons baking powder
1 cup sugar	1 cup of currants
$\frac{1}{4}$ lb butter	Milk
1 egg	

Sift dry ingredients, cut in shortening. Beat egg in cup fill to the top with milk. Drop on buttered pan in spoonful and bake in hot oven.

Mrs. C. F. Masters.

DUTCH APPLE CAKE

2 cups sifted flour	$\frac{2}{3}$ cup milk
3 teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup sugar	1 teaspoon cinnamon
$\frac{1}{4}$ cup shortening	Nutmeg
1 egg	

Sift dry ingredients. Cut in shortening. Combine well beaten egg with milk and vanilla and add to dry mixture. Spread in shallow pan. Peel, core and cut into thin wedges three or four apples. Press these in overlapping wedges into the dough. Dot the top with small pieces of butter. Sprinkle with $\frac{1}{2}$ cup light brown sugar that has been mixed with 1 teaspoon cinnamon and a little nutmeg. Bake at 400 degrees about 30 minutes or more.

Mrs. E. R. Williams.

VARIATIONS OF DUTCH APPLE CAKE

2 cups flour	3 tablespoons Crisco and
3 teaspoons baking powder	butter mixed
$\frac{1}{2}$ teaspoon soda	$\frac{3}{4}$ cup sour milk
$\frac{1}{4}$ teaspoon salt	1 egg
2 tablespoons sugar	

Sift dry ingredients, cut in shortening, add milk and egg well beaten. Spread in buttered pan. Cover with sliced peaches pressed into the dough. Sprinkle with sugar and cinnamon, dots of butter. Cover with another pan the same size and bake in hot oven about 30 minutes, removing cover long enough to glaze peaches. Serve warm with cream.

Mrs. E. R. Williams.

DATE SCONES

2 $\frac{1}{2}$ cups flour	4 tablespoons butter
4 teaspoons baking powder	2 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ to 1 cup milk
3 teaspoons sugar	1 cup dates

Make into dough as for biscuits and bake in moderate oven about 20 minutes.

Mrs. H. S. Reid

TEA BISCUITS

2 cups flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup sugar	3 tablespoons butter
1 tablespoon baking powder	1 egg
$\frac{1}{4}$ cup water	$\frac{1}{4}$ cup milk

Sift flour, sugar, baking powder and salt. Break in butter. Beat egg. Mix lightly. Turn out on floured board; cut and bake in hot oven, 15 minutes.

A Friend.

PEANUT BUTTER BISCUITS

2 cups flour	4 tablespoons shortening
2 teaspoons baking powder	4 tablespoons peanut butter
$\frac{1}{4}$ teaspoon salt	$\frac{2}{3}$ cup milk

Mix and sift dry ingredients. Cut in butter and shortening. Add milk. Mix well. Drop by spoonfuls on buttered baking sheet and bake in hot oven 15 minutes, brushing with *melted butter* during baking.

Mrs. E. R. Williams.

PEANUT BUTTER BISCUITS

2 cups flour	1 tablespoon sugar
4 teaspoons baking powder	8 tablespoons peanut butter
1 teaspoon salt	$\frac{1}{8}$ cup milk

Mix and sift dry ingredients. Add peanut butter and work with pastry blender. Add milk to make soft dough. Turn out on floured board and knead lightly to coat outside evenly with flour. Roll $\frac{1}{2}$ inch thick and cut with floured biscuit cutter. Place on buttered pan and bake in hot oven.

Mrs. R. H. Ferguson.

CHEESE PINWHEELS

Make your favourite biscuit dough; turn out on well floured board; roll $\frac{1}{2}$ inch thick. Spread with 1 cup grated cheese, and sprinkle with salt and paprika. Roll as for jelly roll. Cut into $\frac{3}{4}$ inch slices, place on greased baking sheet. Bake in hot oven for 15 minutes.

Mrs. H. C. Neeld.

GRIDDLE CAKES

2 cups flour	$1\frac{1}{2}$ cups milk
2 teaspoons baking powder	2 eggs
$\frac{1}{2}$ teaspoon salt	3 tablespoons butter

Sour milk is better than sweet milk. In that case add $\frac{1}{2}$ teaspoon soda for each cup sour milk. Buttermilk may be used also, using a little less. Bake on hot griddle.

Mrs. E. R. Williams.

WHOLE WHEAT GRIDDLE CAKES

2 cups whole wheat flour	2 eggs
4 teaspoons baking powder	1 tablespoon shortening
$\frac{1}{2}$ teaspoon salt	1 teaspoon molasses
$1\frac{3}{4}$ cups milk	

Mix in order given and bake on hot griddle.

Mrs. H. C. Neeld.

GRIDDLE CAKES

2 cups flour	Butter size of a walnut
3 teaspoons baking powder	Pinch of salt
2 tablespoons sugar	1½ cups milk
2 eggs	

Mix in order given and bake on hot griddle.

Mrs. H. F. Cook.

GRIDDLE CAKES

1¾ cup flour	1½ cups milk
½ teaspoon salt	1 tablespoon shortening
3 teaspoons baking powder	1 tablespoon molasses
2 eggs	

Mix and sift dry ingredients. Add beaten eggs, milk, shortening and molasses. Bake on hot griddle.

Mrs. H. S. Neeld.

POPOVERS

1 pint flour	3 eggs
1 cup milk	

Beat vigorously for at least 5 minutes. Pour into hot greased muffin tins or custard cups. Bake one half hour in hot oven, decreasing heat as popovers brown.

A Friend.

SALLY LUNN

¼ cup sugar	3 teaspoons baking powder
3 tablespoon butter	½ teaspoon salt
2 eggs	1 cup milk
2 cups flour	

Mix sugar, butter and eggs and beat until light. Sift flour, baking powder and salt together and add. Beat. Add milk and beat well. Turn into buttered biscuit pan and bake in a quick oven (about 425 or 450 degrees). Serve hot.

Mrs. V. S. Lambert.

WAFFLES

2 cups flour	1½ cup milk
2 teaspoons baking powder	3 eggs
½ teaspoon salt	4 tablespoons butter

Sift flour, baking powder and salt, add egg yolks and milk, continue beating, add melted butter and well beaten egg whites.

Mrs. E. R. Williams.

POPOVERS

1 egg
1 cup milk
1 cup flour

1 teaspoon melted butter
1 teaspoon baking powder

Bake in hot oven for 20 minutes.

A Friend.

CANDY

BUTTERSCOTCH

3 tablespoons Molasses
2 tablespoons white sugar

1 tablespoon butter
1 tablespoon water

Boil together until stringy, stirring to keep from sticking to pan. Stir in pinch of soda just before taking off stove. Put on a well greased plate. When cool cut into squares.

Mrs. E. R. McMullen.

FRENCH CARAMELS

2 lbs granulated sugar
2 cups molasses
 $\frac{1}{2}$ lb Baker's chocolate

2 cups milk
 $\frac{1}{4}$ lb butter

When all these ingredients have melted and are boiling hard add:

1 heaping tablespoon flour stirred to a smooth paste in $\frac{1}{2}$ cup cold milk.

Stir all the time while adding slowly or it will go to the bottom and burn. Boil until it hardens in cold water. After taking from the stove add 1 tablespoon vanilla extract. Pour on to buttered pans and as soon as cool enough mark off into squares.

Mrs. E. R. Williams.

COOKED COCOANUT ROLLS

2 cups sugar
1 cup corn syrup
 $\frac{1}{8}$ teaspoon salt

1 cup sweet milk
2 tablespoons butter
Cocoanut

Cook together the sugar, corn syrup, salt and $\frac{1}{2}$ cup of milk. When the soft ball stage is reached (234 degrees) add the other $\frac{1}{2}$ cup of milk and the butter. Boil, stirring constantly until the mixture forms a medium-hard ball (240 degrees) when tested in cold water. Pour in a thin sheet onto an oiled pan or candy slab. When partly cool sprinkle generously with cocoanut. When cold begin at the edge and roll candy into a long, tight roll. Let stand until quite firm, slice thinly, and place on oil paper. If the candy is hard to cut, warm it slightly.

UNCOOKED COCOANUT ROLLS

For uncooked cocoanut roll, stir together one-third cupful of corn syrup, $\frac{1}{4}$ teaspoonful of maple flavoring, $\frac{1}{2}$ cupful of raisins, 12 maraschino cherries, chopped, and 1 cupful of moist cocoanut. This makes a stiff loaf. Roll in powdered sugar, chill in the refrigerator and slice.

B. H. G.

MAPLE CREAM

3 cups brown sugar
Nuts
Cream

Salt
Vanilla
Butter size of a walnut

Moisten brown sugar with cream. Add pinch of salt. Boil until you can mould in water. Stir until thick. Add nuts and vanilla and pour into buttered tins.

Mrs. H. S. Reid.

BROWN SUGAR FUDGE

3 lbs brown sugar
1 cup sweet milk

$\frac{1}{4}$ lb butter

Boil 10 minutes. Add slowly 1 can condensed milk. Stirring constantly for 20 minutes. Remove from heat. Add nuts and vanilla.

Miss Elsie Elliott.

SUCRE A LA CREME

1 cup cream

1 cup maple sugar

Break maple sugar in small lumps. Combine sugar and cream and boil until it forms soft ball when tried in cold water. Add nuts if desired. Remove from stove, pour on buttered platter and stir the wrong way.

A Friend.

MAPLE CREAM

2 cups maple sugar
1 cup white sugar

$\frac{3}{4}$ cup of cream
1 cup chopped nuts

Cook until it threads and then add 1 cup of chopped nuts, and beat until creamy. Pour on greased tin. Mark in squares.

A Friend.

HALLOWEEN TAFFY

2 lbs brown sugar
 $\frac{1}{4}$ cup vinegar

$\frac{3}{4}$ cup molasses
 $\frac{1}{8}$ lb butter

Cook until a hard ball forms in water. Add nuts if desired.

Ione Hay.

MOLASSES PEANUT BRITTLE

1 cup white sugar	2 cups shelled peanuts
1 cup molasses	1 tablespoon butter
1 tablespoon vinegar	Vanilla

Boil without stirring until hard ball forms in cold water. Place shelled peanuts in bottom of buttered cake pan and pour hot molasses over. Cool. Break off in pieces.

Mrs. J. S. Whyte.

PEPPERMINT CREAMS

2 cups white sugar	$\frac{1}{4}$ teaspoon cream of tartar
$\frac{1}{4}$ cup boiling water	

When mixture comes to a boil add cream of tartar. Keep covered while boiling, about 5 minutes — or until it forms a soft ball when tried in water. Then take from fire and add six drops of oil of peppermint and colouring if desired; beat or stir until it comes white and drop on waxed paper or on a buttered plate.

Mrs. H. Law.

DATE AND PEANUT ROLLS

1 cup stoned dates	1 teaspoon salt
1 cup peanut butter	$\frac{1}{4}$ cup confectioner's sugar

Put dates through food chopper. Add peanutbutter and salt. Mix and roll into small balls, then cover with sugar. Put on plate to dry.

Mrs. J. I. McWilliams.

MAPLE CANDY

2 cups brown sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sour cream	$\frac{1}{4}$ teaspoon cream of tartar

Boil until soft ball can be formed, and then beat until of right consistency. Pour on buttered tins, and when cool mark into squares,

Mrs. D. M. Fraser,

SHORT CUT FUDGE

3 squares unsweetened chocolate	$\frac{1}{2}$ cup dates
1 can Eagle Brand Condensed Milk	$\frac{1}{2}$ cup walnuts
	4 cups icing sugar
	Vanilla

Melt chocolate in double boiler, add milk, stir until thick. Remove from fire, add vanilla and stir in 2 cups icing sugar. Add dates and walnuts, then add other 2 cups icing sugar. Pour on greased platter. Mark in squares.

Mrs. M. Keating.

ORANGE STRAWS

Cut orange peel into strips with scissors. Put into cold water and boil 20 minutes. Change water and boil 20 minutes. Change water again and boil 20 minutes, making three boilings.

1 cup orange juice and 1 cup sugar.

Put orange juice, sugar, and orange peel in saucepan and add enough water to just cover ingredients, and boil until it spins a thread. Drain. Roll in granulated sugar and place on platter to dry.

Mrs. H. C. Neeld.

KROKAN

2 oz. butter
5 oz. almonds

9 oz sugar

Mix together butter, blanched and coarsely cut almonds, and sugar in frying pan. Stir from bottom, being careful not to burn. When nicely browned in colour empty onto a big flat platter which has been rinsed in cold water. Cut immediately in squares and oblong pieces.

Mrs. Stangeland.

DIVINITY FUDGE

3 cups granulated sugar
1 cup Karo or Corn Syrup
 $\frac{1}{2}$ cup water
2 egg whites

1 teaspoon vanilla
1 teaspoon salt
 $\frac{1}{4}$ cup chopped mixed nuts, or
mixed candied fruits

Combine corn syrup, sugar, water and salt, boil until when tried in water it is brittle (300 degrees). Beat egg whites stiff, and gradually beat in boiling syrup. Beat until it begins to stiffen. add vanilla, fruits or nuts, and beat again until of creamy consistency. Pour onto buttered pan. When cold cut into squares.

Mrs. E. R. McMullen.

QUICK SPANISH FUDGE

1 can Eagle Brand Condensed
milk
1 tablespoon butter
2 cups brown sugar
2 oz. cherries (chopped)

3 squares Fry's unsweetened
chocolate
2 oz. flaked almonds (browned)
1 teaspoon essence of cinnamon

Melt chocolate in top of double boiler. Add milk. Cook 5 minutes stirring constantly until mixture thickens. Remove. Add butter and cinnamon. Work sugar into mixture. Add almonds and cherries. Mold into greased pan. Mark and chill.

Mrs. R. Winsor.

CHOCOLATE FUDGE

Put 2 squares Baker's Chocolate in a pan over a slow fire to melt. Add 3 cups granulated sugar, 3 tablespoons corn syrup, $\frac{3}{4}$ cup milk, 1 tablespoon butter.

Boil until it forms a soft ball when tried in water. Cool slightly and beat until creamy. Pour onto buttered tins. Cut into squares.

Mrs. H. S. Reid.

BURNT ALMONDS

$\frac{1}{2}$ lb almonds (shelled)
 $\frac{1}{2}$ lb icing sugar

3 oz. water

Put almonds, sugar and water in pan. Boil slowly until dry. Then stir it again until it becomes soft and glazy. Empty on plate and separate while still warm.

Mrs. Stangeland.

POPCORN BALLS

8 quarts popped corn
1 cup molasses

Soda
 $\frac{1}{2}$ cup white sugar

Do not add any water.

Boil syrup until it hardens (not brittle) in water. The last thing before removing from stove add $\frac{1}{4}$ teaspoon soda to improve color. Pour over corn. Mix well and make into balls.

Mrs. R. Winsor.

VINEGAR KISSES

2 cups white sugar
 $\frac{1}{2}$ cup vinegar

Piece of butter size of
walnut

Cook until very stringy. Allow to cool. When cool enough pull until of a creamy white consistency. Twist, cut into desired lengths. Place on buttered pan to cool. When cool wrap in waxed paper.

Mrs. E. R. McMullen

SPICED NUTS

Use unblanched Jordan Almonds—or unblanched or blanched nuts. Brazil nuts must be blanched.

Plunge nuts into deep fat (365 degrees) or pan fry in oil. Drain on brown paper. Sprinkle with a mixture of 2 teaspoons mixed spices to every one teaspoon salt.

Mrs. R. Winsor.

SUCRE A LA CREME

No. 1

3 cups brown sugar
1½ cups rich cream

1 tablespoon corn syrup
Vanilla

Mix altogether with exception of vanilla. Cook at medium heat until soft ball forms between fingers. Remove from heat, add vanilla, and stir to a creamy consistency. Pour on buttered platter.

No. 2

3 cups brown sugar
1½ cups sour cream

¼ teaspoon soda
Vanilla

Add soda to sour cream and proceed in same method as above.

J. G.

MINT WAFERS

2 cups white sugar
¼ teaspoon cream of tartar

½ cup boiling water

Boil 6 minutes. Stir until creamy. Flavor with peppermint, cinnamon or wintergreen, using coloring if desired.

Mrs. W. C. Bean.

UNCOOKED FONDANT

1¼ cups icing sugar, sifted
½ teaspoon vanilla

¼ cup Eagle Brand Sweetened
Condensed Milk

Blend sifted icing sugar gradually into milk, using fork. Add vanilla and continue mixing until smooth and creamy.

For variations in Fondant, add 4 tablespoons Baker's Cocoa to sugar. Use between nut halves, or for stuffing dates. Use various colorings, flavourings, nuts, chopped fruits, etc, shaping into desired forms and allowing to harden before serving.

Mrs. E. R. McMullen

FRUIT SQUARES

½ lb. raisins
½ lb. currants
½ lb. dates

½ lb. almonds (blanched)
½ lb. walnuts
½ lb. figs

Grind all the above ingredients together and mix well. Pack tightly and leave for two or three days. Cut in squares and roll in powdered sugar.

Mrs. J. I. McWilliams.

POTATO FONDANT

Take a cooked potato the size of an egg. Put through ricer. Slowly add one pound, or perhaps slightly more sifted icing sugar until you have a creamy fondant. Use as a date filling, between the halves of walnuts, or mould into balls. For variations add coloring, any sort of essence, cocoanut or crushed nuts.

Mrs. B. G. Wood.

MOLASSES CANDY

2 cups molasses
¾ cup sugar

⅓ cup butter

Cook all together, stirring until sugar is dissolved. After sugar is dissolved and boiling point is reached, boil until candy will form a hard ball in water—approximately 25 minutes. Pour into well greased tin. When cool enough to handle, pull until porous and light colored, using tips of fingers and thumbs. Cut into small pieces using scissors. Wrap in wax paper.

Mrs. H. Ross.

PENUCHI

2 cups brown sugar
½ cup evaporated milk
2 tablespoons butter

1 teaspoon vanilla
⅛ teaspoon salt
1 cup chopped nuts

Cook sugar and milk together in a saucepan, stirring until sugar is dissolved. Continue to cook slowly, stirring constantly until 236 degrees is reached, or until mixture forms a soft ball when tested in cold water. Add butter, cool slightly, add vanilla, salt and nuts and beat until creamy. Pour into greased pan and when cold cut in squares.

Mrs. W. D. Mosher.

SPANISH PENUCHI

4 cups brown sugar
1 cup cream
1 cup chopped walnuts

Lump of butter size of an egg
Vanilla

Boil ingredients, stirring constantly until it forms a soft ball when tried in water. Remove from fire and add nuts and flavouring. Stir until it becomes creamy or doughy and pour into greased pans. Cut in squares. Chopped raisins, dates, prunes, figs, orange peel, etc. make a variety.

Mrs. E. H. Acton.

PEANUT BUTTER CANDY

2 cups sugar
1 cup milk
Butter size of an egg

2 heaping tablespoons
Peanut Butter

Boil 10 minutes or more or until it makes a soft ball in cold water. Take from fire and add two tablespoons peanut butter. Beat until edge becomes firm, then put in greased pan or platter. When cool, cut in squares.

Mrs. H. C. Neeld.

SALTED ALMONDS

1 lb. almonds

Put almonds in boiling water and blanch. Dry thoroughly in towel. Put 2 or 3 teaspoons butter in a pan. Melt. Add almonds. Stir well. Put in a slow oven until almonds become a pale brown in color. Remove and sprinkle with salt. When cool place in jars. These will keep crisp and nice for some time.

Mrs. B. G. Wood.

TURKISH DELIGHT

2 level tablespoons Knox
Sparkling Gelatine
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup boiling water
2 cups granulated sugar

Grated rind of one orange
Juice of one lemon
Juice of one orange
 $\frac{1}{2}$ cup chopped nut meats
Colouring if desired

Soak gelatine in cold water five minutes. Put sugar and boiling water in saucepan and heat to boiling point. Add soaked gelatine. Let boil 20 minutes. Add flavourings and colouring, strain, add nuts and turn into a pan (at least two inches deep) and (which has first been rinsed in cold water). Let stand until firm. Remove to a board, cut in cubes and roll in powdered sugar.

Mrs. E. R. McMullen

CAMPING and PICNIC MENUS

SUGGESTIONS AND MENUS FOR CAMPING AND PICNICS

To begin with, it is wise to avoid too great a variety of foods. Children will lose their appetites if they see an unusual array of different things to eat. — choose simple foods that maintain proper balance as it is quite as important that a picnic meal contain all the necessary food elements as any other meal. The

carrying properties and serving qualities of picnic foods must be considered, too, because usually one plate must answer for all courses. Travel light, as the restfulness of a picnic meal is spoiled by having to handle too many boxes and bottles.

Fruit and tomatoes are easy to carry and easy to serve.

Sandwiches hold first place in picnic menus and they can be highly nourishing. Vary the breads and choose the fillings with thought for their nutritive value. Chopped raw vegetables (carrots are very good), jellies, cream cheese, cottage cheese, dried fruits and nuts that have been put through food chopper, minced meats and peanutbutter all make suitable fillings.

Hard-cooked eggs, plain or stuffed with finely chopped vegetables moistened with mayonnaise are wholesome and satisfying. They help to supply the vitamins often lacking in the average picnic lunch.

Always end your picnic meal or your lunch for a hunting or fishing trip with a sweet. Small jars of strawberry or raspberry jam, orange marmalade, pieces of maple sugar, chocolate and marshmallows are sustaining and satisfying.

Large thermos jugs are inexpensive, light in weight and easily carried. Filled with cold milk, tomato cocktail or lemonade it will furnish a refreshing drink for the entire crowd during the outing.

When the day is cool, fill the thermos jug with a stew and serve with bread and butter.

Mrs. R. H. Ferguson.

TABLES OF SERVINGS — PICNIC STATISTICS

1 large cake 10" diameter serves 16 persons.

1 loaf of sandwich bread makes 24 sandwiches cut in half.

Two-thirds cup creamed butter will spread same and 1 pint sandwich filling will fill same.

1 quart salad will serve eight persons.

1 pound of cold boiled ham or baked ham will serve 6 to 8 persons and

1 pound of meat loaf will provide for about the same number.

Mrs. R. H. Ferguson.

BACON AND EGG SCRAMBLE

Bacon
Eggs
Bread buttered
Apple Jelly

Sweets
Canned corn may be substituted for eggs

SPAGHETTI SCRAMBLE

Canned Spaghetti with
tomato or cheese sauce
Pork sausage (parboiled
at home)

Bread and butter
Jam
Bacon may be substituted
for sausages.

HAMBURGER PATTIES

Hamburgers
Wax beans
Bananas

Cold boiled potatoes
Cookies
Lemonade

Mix hamburgers as for frying at home, into patties wrap in waxed paper. Place in package with potatoes and a piece of shortening. Fry hamburgers and when nearly done, add potatoes and brown. Serve wax beans cold as they are refreshing and thirst satisfying.

HOT DOG MENU

Weiners
Buttered Rolls
Toasted marshmallows

Wax Beans or
Fresh Tomatoes
Tea

Place weiners in cold water at home and bring to boil. Pack. Toast over camp fire and place between buttered rolls adding a small amount of relish, onion or mustard.

SAUSAGE SCRAMBLE

Pork sausages
Pickled beets
Biscuits

Canned Corn
Peanut Butter
Lemonade

Put sausages in cold water and bring to boil at home. Place in wax paper with small piece of shortening. Brown or fry over campfire and add canned corn.

Mrs. R. H. Ferguson.

PICNIC SUPPER (for 20 people)

2 cold chickens (cut into
large pieces)
 $\frac{1}{2}$ to $\frac{3}{4}$ cold boiled ham
Potato salad (with mayon-
naise)
Potato salad (with boiled
dressing)
Small jar of pickles
Fruits in season
Peaches, bananas, plums
Coffee (20 cups or more)

10 or 12 sliced tomatoes
18 devilled eggs
Lettuce
Small jar pickles
Large jar olives
Bread and butter or
Bread and butter sandwiches
Extra mayonnaise and
dressing
Cream and sugar
1 quart milk

Mrs. E. R. Williams.

SAUSAGE SUPPER (for 12 people)

3 lbs susage (pure pork)	Mayonnaise
Tomatoes, small and firm	Mustard
Cup cakes baked in paper cups	Lemonade
Bread and butter	Fruit
Lettuce (Boston)	Relish

Parboil sausages at home. Fry until nicely browned. Set in refrigerator to cool. Butter two loaves of bread. Split sausages in two, put together again and wrap in wax paper (individually or several together). Cut head of lettuce into six portions. Wrap in wax paper. If possible pack in tin box with ice. Serve sausages cold as sandwiches or eaten "as is". Lemon syrup is more advantageous to carry and can be easily diluted.

Mrs. J. S. Whyte.

BAKED BEAN MENU

Home baked beans	Boiled dressing
Dill pickles	Cabbage and pineapple salad
Buttered Rolls	Fruits in season (watermelon)
Sliced Spanish onions	Cookies

Prepare onions as follows which renders them easily digested and delicious. To be packed in glass jars and kept in cool place until ready for use. Slice Spanish onions thin, sprinkle with brown sugar over every layer. Add Cider Vinegar (or may be diluted with water) to cover. May be served with baked beans or between buttered rolls. Shred cabbage (select firm and green head) add shredded pineapple. Add pineapple juice to boiled dressing. Mix with salad (sparingly). Pack in glass jars and keep in cool place until ready for use.. To ensure beans being kept hot. Wrap several thicknesses of newspapers around bean pot.

EGGS A LA ST. MAURICE

Take as many hard boiled eggs as you need. Shell them, and dry thoroughly, dip in a little flour, then cover each egg with raw sausage meat, dip in egg and bread crumbs and fry in deep fat.

Mrs. Wm. Dawbarn.

CAMP MENUS

Corn scallop	Brown Bread
Lettuce and Tomato Salad	Ice Cream
Egg and Tomato Salad	Brown Bread and butter Sanwiches
	Iced Tea

Cream of Tomato Soup	Crackers
Rice pudding	Cocoa
Fish Cakes	Bran Gems
Tea.	
Tomato Scallop	Brown Bread
Bluberries and cream	Tea
Cream of potato soup	Graham Bread
Peach shortcake or Peaches and Cream	
Tea.	
Macaroni and Cheese	Brown Bread
Pineapple	Cookies Iced Tea
Creamed crab-meat	Pickles
Rolls	Fruit Salad
Eggs baked in potatoes	Hot rolls
Watermelon	
Macaroni with tomato	Rolls
Any fruit in season	Cake.
	A Friend.

SIXTEEN SUGGESTIONS FOR COLD HAM PLATES

1. Sliced ham. Cole Slaw. Tomatoes. Olives and Pickles.
2. Ham sandwiches, with devilled eggs, Potato chips.
3. Cold Ham, Asparagus tips, Radishes and Spring onions.
4. Cold Ham. Chutney. Jellied vegetable salad.
5. Jellied Ham. Lettuce. Tomatoes. Salad dressing.
6. Cold Ham Loaf. Mixed Vegetable salad. Pickles.
7. Cold baked Ham. Cumberland Sauce. Cucumber Salad.
8. Potato salad with diced ham, mustard pickles, sliced tomatoes, hard boiled eggs.
9. Sliced ham. Cabbage and apple salad.
10. Cold ham. Cheese. Stuffed eggs, Cole slaw.
11. Sliced ham. Cold sausages, green salad.
12. Ham, chicken, and swiss cheese club sandwiches. Stuffed tomatoes.
13. Sliced Ham, Tomatoes stuffed with chopped raw vegetables. Potato salad.
14. Sliced Ham, Egg Salad, Lettuce, Tomatoes, Rolls.
15. Cold Ham, Cottage Cheese, Peaches preserves.
16. Minced ham sandwiches, Tomato jelly salad, Cucumber salad.

Mrs. Peter Murphy.

Christmas Party Menus for Young Children

CHRISTMAS TABLE SUGGESTIONS

1. In the center you might have a mound of popcorn to represent snow, with a toy Santa Claus and sleigh riding gaily over the top, and at each place a little green bayberry candle for luck and a sprig of holly.

2. In the center place cotton wool sprinkled with imitation snow. The cotton wool can be pulled apart to form drifts. At either end place a small pine tree decorated. Place at each place a red carboard star with a green gum drop, holding a small red candle.

CHRISTMAS COOKIES

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup orange juice
1 cup of sugar	$2\frac{1}{2}$ cups flour
Grated rind of one orange	$2\frac{1}{2}$ teaspoons baking powder
1 egg	

Mix in order given, alternately the orange juice, and flour, which has been sifted at least twice with baking powder. Chill. Use a little more flour for rolling if necessary. Cut in star, diamond and crescent shapes. Sprinkle with coarse granulated sugar. Decorate with halved almonds, raisins and candied fruit or frost them. Bake in moderate oven (about 360 degrees).

CHRISTMAS FRUIT CAKE (Light)

$\frac{1}{2}$ cup butter	3 level teaspoons baking powder
1 cup sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup raisins, seeded and chopped fine	2 ounces citron cut fine
4 egg whites	$\frac{1}{3}$ cup of walnuts cut in pieces
	2 cups flour

Cream butter, add sugar gradually. Beat egg whites to a stiff froth and add. Sift flour and baking powder together, at least twice, and add to first mixture alternately with the milk. Add fruit and nuts. Bake in greased paper lined loaf pan in moderate oven. Use any frosting.

JELLY CAKE

3 eggs	1 cup powdered sugar
1 cup flour	3 tablespoons milk
1 teaspoon baking powder	Pinch of salt

Sift flour, salt and baking powder together thoroughly. Beat whites and yolks of eggs separately. Mix sugar with beaten yolks

and add sifted flour, stirring gently, then add whites of eggs and milk. Mix thoroughly and pour into three jelly cake tins and bake for fifteen minutes in a hot oven. When cold spread with currant jelly, place layer on top of the other and sift powdered sugar on top.

CANDY CANES

Put in saucepan 2 cups sugar, $\frac{1}{4}$ teaspoon cream of tartar and 1 cup of water. Bring to boiling point and boil without stirring to 305 degrees or until it begins to discolour on edge of saucepan. Pour on oiled marble slab or platter, cut off a small portion, colour red, and keep in warm place. Pull remaining candy as soon as it can be handled, flavouring with few drops of oil of peppermint. Pull out into a long strip and flatten it. Pull the red piece out to the same length and lay on top. Hold over the stove or in front of oven and pull as quickly as possible into thin stripes and twist so the strips will be spiral, or shape into canes, baskets, ribbons, curls and balls. Other colours and flavours can be used to secure variety.

HOLIDAY FRUIT PASTE

$\frac{1}{2}$ lb dates
 $\frac{1}{2}$ lb figs
 $\frac{1}{2}$ lb raisins

$\frac{1}{2}$ lb sliced citron
 1 tablespoon currant jelly
 $\frac{1}{2}$ cup powdered sugar

Stone dates, pull the figs apart. Mix well with raisins and sliced citron and run all together through chopper. Add jelly. Press firmly into a shallow pan to about three fourths of an inch thick. Cut in squares and roll in granulated or powdered sugar. These are especially good for children.

CHOCOLATE CARAMELS

$2\frac{1}{2}$ tablespoons butter
 1 cup brown sugar
 3 squares chocolate

2 cups molasses
 $\frac{1}{2}$ cup milk
 1 teaspoon vanilla

Put butter into pot, when melted add molasses, sugar and milk. Stir until sugar is dissolved. When boiling point is reached, add chocolate, stirring constantly, until chocolate is melted. Boil until when tried in cold water a firm ball may be formed with the fingers. Turn into a buttered pan and let cool and mark into squares.

Egg Sandwiches

Cream Cheese Sandwiches

Sunwheat Biscuits

Strawberry Sherbet *

Chocolate Milk

* This can be made from Jelly powder by beating thoroughly and then freezing. A cupful of crushed strawberries will improve flavour.

Egg Sandwiches

Peanut Butter Sandwiches

Jam Sandwiches

Tomato and Lettuce Sandwiches

Cream Cheese Sandwiches

Arrowroots Tarts:

Two McCormick Arrowroot biscuits with jam between them and thin coating of plain icing on top.

Plain Cake with Chocolate Icing Tomato Jelly on Lettuce

Ice Cream

Lemonade

Egg Sandwiches, Jam Sandwiches

Marble Cake - Chocolate Milk

Ice Cream

McCormick's Assorted Red Seal Biscuits

Games for Children

TREASURE HUNT

A small prize is hidden somewhere in the room. Each guest is given a slip of paper with his name written on it and is told to put them where they think the treasure is hidden. The player whose card is nearest the treasure wins it.

KISS HUNT

A large number of candy kisses are hidden about the room. The guest who finds the most candies in a given length of time is the winner.

MUSICAL PILLOWS

Played in the same way as Musical Chairs, with pillows and cushions placed in a row on the floor instead of chairs.

BROOM DANCE

One guest has a broom with which she dances in a circle made by couples dancing round. When the music stops, everybody changes partners, while the person with the broom drops it and tries to get a partner before the others pair off again.

TREASURE HUNT

A small prize and a series of clues are hidden about the room. The guests are then told the first clue which helps them to find the second, which will lead them to the third, etc., until the treasure is found. The clues should be very simple, as: "In a box near a lamp", or "under a chair near a window".

BLINDFOLD DRAWING

This is a variation of Pin the Tail on the Donkey. The hostess should have ready a number of large sheets of paper (one for each guest) with the outline of a head drawn on each. These can easily be made by tracing a picture from a magazine advertisement and as many copies as needed can quickly be made by the use of carbon paper. Straight lines should be drawn to indicate the eyes, nose and mouth. The guests are allowed to study the outline for a few moments and are then blindfolded, given a pencil and told to draw in eyes, nose, mouth and hair. The one which has these features closest to the positions indicated by the straight lines wins.

CONSERVES

RHUBARB JAM

6 lbs rhubarb	2 lemons
5 lbs white sugar	1 lb figs

Cut rhubarb into $\frac{1}{2}$ inch pieces. Stir in sugar. Let stand overnight. In the morning add juice of 2 lemons and peel, chopped fine, and 1 lb of figs, chopped fine. Boil slowly 3 to 4 hours until thick. Put into jelly glasses and seal.

Mrs. E. H. Acton.

MARROW PRESERVES

Ripe marrows to be kept a few weeks to allow sap to dry out. Peel thickly and throw away seeds. To every six pounds of pulp, which have been cup into cubes, allow five pounds of sugar and two sliced lemons. Let stand 24 hours, then set in preserving kettle with 2 oz. of bruised ginger and one dram of chillies tied in piece of muslin. After cooking one hour take spices out and boil until clear. Stir frequently. Seal with wax.

Mrs. H. F. Cook.

PEACH CONSERVE

3 doz. peaches	8½ cups sugar
1 lemon (juice and rind)	1 bottle of Certo
1 orange (juice and rind)	

Peel peaches and chop fine. Add sugar and fruit juices. Bring to boil and keep boiling hard for 5 to 8 minutes. Remove from stove and add one bottle of Certo and stir for 5 minutes. Skim. Bottle hot. Seal with wax.

Mrs. R. E. Allen.

BLACK CURRANT JAM

1 cup currants (black) 2 cups sugar
1 cup water

Boil currants and water until berries are soft, add heated sugar and boil three to five minutes.

Mrs. Frank Lawrence.

RHUBARB MARMALADE

4 lbs rhubarb 2 large oranges, juice and rind
4 lbs sugar 1 cup chopped walnuts

Boil oranges until tender. Boil altogether for about an hour. Then add walnuts. Seal with wax.

Mrs. R. Strong.

SCOTTISH RHUBARB JAM

Select red, tender stalks of rhubarb, it need not be peeled. Cut into half inch lengths, cover with an equal weight of sugar. Let stand overnight. For each three pounds of fruit add the grated rind and juice of one lemon. Boil one half hour after boiling point is reached. Then let simmer very gently another half hour. An ounce of blanched shredded almonds may be added.

Mrs. A. Munkittrick.

GRAPE CONSERVE

3 lbs grapes 2 oranges
3 lbs sugar 1 cup walnuts

Pulp grapes and boil the pulp to separate seeds. Put all of the oranges excepts the seeds through the meat chopper. Boil ingredients until thick enough. Add the nuts just before removing from heat. Seal with wax.

Mrs. E. R. Williams.

UNCOOKED CRANBERRY CONSERVE

$\frac{1}{2}$ lb cranberries put through $1\frac{1}{2}$ cups sugar
corase meat grinder 1 orange juice and rind

Mix but do not cook. Will keep a week in the refrigerator.

Mrs. E. H. Acton.

GRAPEFRUIT MARMALADE

8 grapefruits 3 lemons
3 sweet oranges

Cut finely across grain. To 1 pint of fruit add 2 pints of water. Let stand twenty four hours. Boil slowly $2\frac{1}{2}$ hours. Let cool. To every pint of mixture add $1\frac{1}{2}$ pounds of sugar. Boil quickly for one hour.

Mrs. F. C. Barlow.

ORANGE MARMALADE

3 lbs bitter oranges (1 doz.) 9 pints of water
12 lbs sugar

Cut oranges in half. Take seeds and pulp out on a lemon squeezer. Cut skins very thin. Put pulp and seeds in 3 pints of water and skins in remainder. Let stand for twenty-four hours. Strain pulp well and add liquid to skins. Boil hard $\frac{3}{4}$ of an hour in a large kettle. Dip strained pulp and seeds in pot while boiling. Add sugar as soon as properly dissolved, divide into two kettles (which makes it boil better). Boil both hard for about 15 minutes. To try jelly, put a little in saucer and let cool. Rub over top with finger and if it wrinkles it will jell.

Mrs. R. H. MacDonald.

FRUIT CONSERVE

6 lbs rhubarb or less cut up	$\frac{1}{4}$ lb shelled nuts
finely	1 lb figs
1 lb seedless raisins	3 oranges
1 lb currants	3 lemons
1 package stoned dates	

Put everything except rhubarb through smallest knife of food chopper. Weigh all ingredients rhubarb included. Allow 1 lb of sugar to a lb of fruit. Stir well. Allow to stand all night. In morning stir well again, put on to boil, — boil 20 minutes stirring constantly. Put in sterile jars and seal.

Mrs. L. H. Roberts.

MINCE MEAT

4 lbs raw meat (chopped)	2 tablespoons salt
round steak	6 lemons (juice of all)
4½ lbs suet (chopped)	pulp and peel of two
½ peck sour apples (chopped)	chopped fine
5 lbs brown sugar	Spice to taste (3 or 4 table-
1 pint molasses	spoons each of cinnamon,
4 lbs stoned raisins	cloves, nutmeg, allspice and
2 lbs currants	mace)
$\frac{3}{4}$ lb citron (not too fine)	

Have round steak and suet chopped at your meat market. Put in a large pan and rub sugar thoroughly through meat and suet, — this ensures the safe-keeping of ingredients. Add remaining ingredients. Mix thoroughly. Keep in crock in a cool place. Requires no cooking. Add any extras and 'sticks' when making up pie. Extra juice might be added when mixing all together, from canned fruits, — pineapples preferred, — maraschino cherries.

Mrs. D. L. Macdonald.

SPICED GRAPES

- | | |
|------------------------|----------------------|
| 7 lbs grapes | 2 tablespoons cloves |
| 4 lbs white sugar | 1 pint vinegar |
| 2 tablespoons cinnamon | |

Pulp grapes and cook pulp to remove seeds. Put through colander. Add sugar, vinegar and spices. Boil for $\frac{1}{2}$ hour after coming to the boil. Put in sterile jars and seal.

Mrs. James Robertson.

MINCE MEAT

- | | |
|-------------------|-----------------------------|
| 7 lbs apples | $\frac{1}{2}$ lb mixed peel |
| 3 lbs currants | Juice and rind of 2 oranges |
| 3 lbs raisins | Juice and rind of 2 lemons |
| 4 lbs brown sugar | $\frac{1}{4}$ lb spices |
| 3 lbs suet | (cloves and cinnamon) |

Peel, core and mince apples. Mince suet. Mix altogether and wet with boiled cider or brandy. Heat through thoroughly.

Mrs. F. C. Barlow.

MINCE MEAT

- | | |
|--------------------------------|----------------------------|
| 3 lbs suet (chopped) | Rind and juice of 2 lemons |
| 3 lbs currants | 2 lbs brown sugar |
| 1 lb sultanas | 2 oz. citron peel |
| 1 lb valencia raisins (halved) | 2 oz. lemon peel |
| 4 lbs chopped apples | 2 oz. orange peel |
| 2 nutmegs (grated) | 1 Gill Brandy |
| $1\frac{1}{2}$ lbs beef | |

Cook beef and mince fine. Peel, core and chop apples. Mix all remaining ingredients together. When making pies add a few blanched almonds. (Meat optional).

Mrs. Wm. Dawbarn.

MINCE MEAT

- | | |
|--------------------------------|------------------------------------|
| $\frac{1}{2}$ lb suet | 1 lemon, juice and grated rind |
| 1 lb large seeded raisins | 1 orange, juice and grated rind |
| 1 lb seedless raisins | 2 level teaspoons allspice |
| 1 lb currants | $\frac{1}{2}$ teaspoon nutmeg |
| $1\frac{1}{2}$ lbs brown sugar | $\frac{1}{4}$ lb peel (mixed peel) |
| $1\frac{1}{2}$ lbs sour apples | $\frac{1}{2}$ wine glass brandy |

Cook suet in double boiler one hour; allow to cool and chop fine. Cut and mince raisins, currants, apples and mixed peel. Add remaining ingredients. Mix thoroughly.

Mrs. G. Claxton.

CRANBERRY RELISH

- | | |
|-----------------------------|--------------------|
| 1 lb cranberries (uncooked) | Rind of one orange |
| Juice of two oranges | 2 cups white sugar |

Wash cranberries and dry thoroughly, — put berries and orange rind through mincer, add sugar and orange juice. Mix well before serving.

Mrs. MacLean.

COOKIES

DROP COOKIES

FRUIT DROP COOKIES

SUGAR COOKIES

- | | |
|---|---|
| $\frac{3}{4}$ cup melted butter | 1 teaspoon soda |
| 1 cup sugar, brown or white | $\frac{1}{2}$ teaspoon salt |
| 2 eggs | $2\frac{1}{2}$ cups pastry flour |
| $\frac{1}{2}$ cup corn syrup | 1 teaspoon cinnamon, allspice
and cloves |
| $\frac{1}{4}$ cup sour milk | 1 lb dates, cut fine |
| $1\frac{1}{2}$ cups corn flakes
may be added | 1 lb walnuts, cut fine |

Cream butter with sugar. Add eggs well beaten. Add corn syrup, soda dissolved in sour milk, and all dry ingredients sifted together. Drop by teaspoonsful on greased baking sheet and bake in moderate oven.

Mrs. Frank Lawrence.

BUSTER BROWNIES

- | | |
|---|---|
| $\frac{1}{2}$ cup butter, slightly melted | 1 cup chopped nuts |
| 1 cup sugar | 1 cup chopped raisins |
| (rub the two together) | $\frac{3}{4}$ cup sweet milk |
| 1 egg yolk | 2 squares Baker's chocolate
(melted) |
| 2 cups flour | |
| 2 teaspoons baking powder | |

Rub butter and sugar together, add liquids, and all dry ingredients sifted together. Add melted chocolate last. Drop in small portions on buttered pan and bake in moderate oven.

Mrs. A. Munkittrick.

LITTLE CRISP CAKES

- | | |
|------------------------------|--------------------------|
| $\frac{1}{4}$ lb flour | $\frac{1}{4}$ lb butter |
| $\frac{1}{4}$ lb ground rice | 1 egg |
| $\frac{1}{4}$ lb sugar | 1 teaspoon baking powder |

Mix all the ingredients well together. Place in teaspoonfuls on baking sheet about two inches apart, and bake until crisp.

Mrs. A. C. Tremonger.

OATMEAL COOKIES

- | | |
|-------------------|-----------------------------|
| 2 cups oatmeal | 2 teaspoons cream of tartar |
| 2 cups flour | 1 teaspoon soda |
| 1 cup white sugar | Pinch of salt |
| 1 cup butter | |

Rub to crumbs and moisten with warm water. Drop by teaspoonfuls on baking sheet and bake in moderate oven.

Mrs. H. K. Morrison.

GINGER DROP CAKES

1 egg	3 cups flour
$\frac{1}{2}$ cup sugar	1 teaspoon soda
1 cup molasses	$\frac{1}{2}$ cup lukewarm water
$\frac{2}{3}$ cup shortening	1 teaspoon ginger
	1 teaspoon cinnamon

Drop off spoon on buttered pan. Bake in moderate oven.

Mrs. H. F. Cook.

BOSTON COOKIES

1 cup butter	2 eggs
1 cup brown sugar	$2\frac{1}{2}$ cups flour
1 cup currants or small raisins	1 teaspoon of soda dissolved in
Nutmeg to taste	a little boiling water

Drop by spoonfuls on buttered tins and bake about fifteen minutes.

Mrs. H. Shirt.

BROWN COOKIES

$\frac{3}{4}$ cup shortening	1 cup dates
2 teaspoons soda (small)	2 cups flour
1 cup nuts	1 cup sugar
2 eggs	$1\frac{1}{2}$ teaspoons allspice
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ teaspoons cloves
$\frac{1}{2}$ cup raisins	1 teaspoon cinnamon

Cream shortening and sugar beat in eggs. Mix flour with spices, soda and salt. Add dates, raisins and nuts.

Mrs. F. Bush.

CHERRY NUT BALLS

$\frac{1}{2}$ lb butter	Pinch of salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup of finely broken
2 eggs (yolks only)	nut meats
$2\frac{1}{4}$ cups flour	$\frac{3}{4}$ cup cherries
1 teaspoon baking powder	

Cream butter, add sugar gradually, add egg yolks and beat well. Sift in flour and baking powder. Mold small pieces of dough into balls and dip tops of these in unbeaten egg whites, then roll in nuts. Place on greased baking sheet, garnish each with a cherry. Bake in moderate oven 375 degrees for 15 to 20 minutes.

Mrs. Albert Webb.

DATE MACAROONS

- | | |
|--------------------------|--------------------------|
| $\frac{1}{2}$ cup butter | 1 lb dates well cut up |
| 1 cup brown sugar | $\frac{1}{2}$ lb walnuts |
| 2 eggs well beaten | $\frac{1}{2}$ cup flour |

Mix in order given and sprinkle flour over dates. Mix well. Roll in lots of cocoanut. Bake 15 minutes.

Mrs. G. Claxton.

LEMON COOKIES

- | | |
|------------------------------|------------------------------------|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ cup raisins |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup walnuts |
| 1 egg | $\frac{1}{2}$ teaspoon lemon juice |
| $1\frac{1}{2}$ cups flour | $\frac{1}{8}$ teaspoon nutmeg |
| 1 teaspoon baking powder | |

Roll in balls and press with fork on greased baking sheet. Bake in moderate oven.

Miss Elsie Elliott.

ROCK CAKES

- | | |
|-------------------------------------|---------------------------------|
| 1 lb white flour | 6 oz. raisins & currants, mixed |
| 6 oz. butter and shortening (mixed) | 2 eggs |
| 6 oz. white sugar | 2 teaspoons baking powder |
| Milk to make a stiff dough | Salt and spices to taste |

Sift the flour into bowl. Rub in the butter and shortening. Add the sugar and fruit, baking powder, etc. Beat and add the eggs and milk. Drop the mixture in rough lumps upon a greased baking sheet and bake in fairly quick oven 375 to 400 degrees for about 20 minutes.

Mrs. Henry Pike.

CHOCOLATE COOKIES

- | | |
|--------------------------|------------------------------------|
| 1 cup brown sugar | Cream sugar and egg together |
| 1 egg | Melt butter and chocolate together |
| $\frac{1}{2}$ cup butter | |
| 2 squares chocolate | |

Stir above combinations together, add:

- | | |
|-----------------------------|-----------------------------|
| $\frac{1}{2}$ cup milk | |
| $1\frac{1}{2}$ cups flour | Flour and soda sifted twice |
| $\frac{1}{2}$ teaspoon soda | |
| 1 teaspoon vanilla | |

Mix well. Drop by teaspoonfuls on buttered pan. Bake in hot oven. Ice with chocolate icing.

Mrs. E. H. Acton.

CHEESE PUFFS

Bring to a boil:

$\frac{1}{4}$ cup butter
1 cup water

Remove from fire and add:

$\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup grated cheese

Cook for three minutes stirring constantly. Cool, and beat in two eggs one at a time. Drop teaspoonfuls on a greased baking sheet and bake 350 degrees until very firm.

Mrs. C. S. Saunders.

GINGER DROPS

3 cups flour
 $\frac{2}{3}$ cup beef dripping
1 cup (scant) brown sugar
1 cup molasses
 $\frac{1}{2}$ cup warm water

1 egg
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking soda
1 teaspoon Ginger, cinnamon,
and cloves

Mix dry ingredients together. Combine with creamed ingredients. Drop by teaspoonfuls on a greased baking sheet. Bake 10 minutes.

Miss Florence Murray.

COCOANUT PUFFS

3 egg whites
1 cup sugar

1 tablespoon cornstarch
Cocoanut

Put whites of eggs in top part of double boiler. (Be sure that the water is boiling in bottom of double boiler). Beat stiff, add sugar. Cook this 10 minutes. Add as much cocoanut as the mixture will take. Drop by teaspoonfuls on cookie pan and bake in rather slow oven.

Mrs. Wm. Dawbarn.

DATE AND COCOANUT MACAROONS

3 egg whites (stiffly beaten)
1 cup white sugar
1 tablespoon cornstarch

1 cup dates (finely chopped)
Cocoanut to thicken

Cook egg whites, white sugar, cornstarch and dates in double boiler for fifteen minutes. Add cocoanut to thicken. Drop by teaspoonfuls on baking tin and bake in very slow oven till a golden brown.

Mrs. J. I. McWilliams.

LACE COOKIES

1 cup rolled oats
1 cup sugar
2 tablespoonfuls flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon baking powder

1 egg beaten
 $\frac{1}{2}$ cup melted shortening
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{4}$ teaspoon almond extract

Cream shortening, sugar, add egg. Add salt flavouring and rolled oats. Sift dry ingredients together and add. Beat thoroughly. Drop by teaspoonfuls on buttered sheet. Bake 10 minutes in moderate oven, 350 degrees. Remove from pan while warm.

Mrs. G. Benson.

MOLASSES COOKIES

$\frac{2}{3}$ cup Crisco	1 teaspoon each salt, cinnamon
1 scant cup brown sugar	and ginger
1 cup molasses	1 tablespoon vinegar
1 teaspoon soda in $\frac{1}{2}$ cup	3 cups flour
warm water	1 cup raisins
1 egg	

Mix. Drop by spoonfuls on buttered pan. Bake in hot oven.

Mrs. C. S. Saunders.

DATE AND ALMOND COOKIES

2 egg whites	1 cup almonds
Dash of salt	1 cup dates
1 cup icing sugar	Flavouring

Beat egg whites until stiff, add salt. Add sugar gradually, put almonds and dates through food chopper, add with flavouring. Mix altogether, drop on greased baking tin. Bake 7 to 10 minutes in slow oven.

Mrs. A. Taylor.

PEANUT COOKIES

$\frac{1}{2}$ cup peanut butter	$\frac{1}{2}$ cup white sugar
$\frac{1}{4}$ cup butter	1 cup flour
$\frac{1}{2}$ cup brown sugar	1 teaspoon soda
1 egg	

Cream peanut butter with butter, add sugar (brown and white). Add egg well beaten. Measure flour and sift with it the soda. Add to first mixture and blend thoroughly. Drop mixture one teaspoonful at a time on a well greased cookie sheet. Press down each cookie with a four tined fork- — press a second time so creases are at right angles to those made first. Bake 10 minutes at 350 degrees.

Mrs. R. H. MacDonald.

BAKED MERINGUES

3 eggs	$1\frac{1}{4}$ cups white sugar
3 teaspoons baking powder	$\frac{1}{4}$ teaspoon vanilla

Beat whites of eggs stiff and dry. Fold in $\frac{2}{3}$ of the sugar. Sift remaining sugar with baking powder and fold into first mixture. Add vanilla and drop on plain paper by spoonfuls. Bake in slow oven one hour.

Mrs. W. C. Perry.

RAISIN OATMEAL COOKIES

1 cup seedless raisins	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup shortening	$1\frac{2}{3}$ cups oatmeal (rolled oats)
1 cup sugar	$1\frac{1}{2}$ cups flour
2 eggs	1 teaspoon soda
1 teaspoon cinnamon	$\frac{1}{2}$ teaspoon salt

Wash raisins in hot water and drain. Cream shortening with sugar then add beaten eggs and milk. Combine with oatmeal, raisins, and mix well. Add flour sifted with soda and cinnamon. Beat thoroughly. Drop onto greased pans and bake about 12 minutes in a moderate oven (350 to 375 degrees F.). Makes about 3 dozen medium sized cookies.

A Friend.

PORCUPINES

2 eggs	1 cup dates
1 cup white sugar	1 cup walnuts
1 tablespoon butter	$\frac{1}{2}$ lb cocoanut

Cut and stone dates and chop walnuts. Cream sugar and butter well. Add well beaten eggs gradually. Add dates and mix well before adding walnuts. Drop small spoonfuls into cocoanut and roll into balls. Place on greased baking sheet close together and bake in moderate oven.

Mrs. W. R. McConnell.

ROCK CAKES

1 cup sugar	2 eggs
2 cups flour	1 teaspoon vanilla
$2\frac{1}{2}$ cups fruit: raisins, currants, nuts	2 tablespoons butter
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt

Drop from a spoon to greased baking sheet. Bake in moderate oven.

Mrs. T. J. Mullin.

MACAROONS

$\frac{1}{2}$ cup sugar	1 teaspoon vanilla
3 cups rolled oats	2 tablespoons butter
1 teaspoon salt	1 egg beaten well
1 teaspoon baking powder	

Mix dry ingredients, egg and vanilla. Drop by spoonfuls on greased baking sheet. Bake in medium oven.

Mrs. H. K. Morrison.

PECAN COOKIES

3 eggs	3 tablespoonfuls flour
1½ cups sifted brown sugar	½ cup pecan nuts

Beat eggs stiff, fold in sugar which is added gradually, as well as the flour and nuts. Drop by spoonfuls on buttered baking sheet. Bake at 350 degrees 15 minutes. No top heat.

A Friend.

CHOCOLATE DROPS

2 cups white sugar	2 tablespoons chocolate, melted
4 eggs	1 teaspoon baking powder
⅛ teaspoon salt	(scant)

Combine ingredients. Drop from a teaspoon on a floured pan and bake.

Mrs. H. E. Shirt.

CHOCOLATE DROP CAKES

½ cup melted shortening or cooking oil	¼ teaspoon soda
4 tablespoons cocoa	½ teaspoon salt
1 cup brown sugar	1 teaspoon baking powder
½ cup sweet milk	2 cups flour
	1 teaspoon vanilla

Mix in order given. Sift dry ingredients three times. The batter should be stiff enough to stand up when dropped from a teaspoon. Bake on a cookie sheet. Ice with following icing when cool.

Icing:

1 cup icing sugar	1 tablespoon cocoa
1 teaspoon vanilla	1 tablespoon butter

Enough hot coffee for spreading consistency.

Mrs. C. S. Saunders.

BACHELOR'S BUTTONS

1 cup butter	1 teaspoon baking soda
1 cup brown butter	1 teaspoon salt
1 egg (well beaten)	1 cup chopped nuts
2½ cups pastry flour	1 cup cocoanut

Cream butter with sugar. Add egg. Add flour, soda and salt which have been sifted together three times. Add nuts and cocoanut. Mix well. Drop by teaspoonfuls on well greased cookie pan. Bake in oven 325 degrees about 15 minutes.

Mrs. E. R. McMullen

ALMOND COOKIES

2 hard cooked egg yolks	¼ teaspoon lemon extract
½ cup butter	24 blanched almonds
¼ cup granulated sugar	(pecans can be used)
1 cup sifted all purpose flour	

Sieve the egg yolks into the butter which has been creamed. Add the sugar gradually creaming meanwhile adding flour and extract. Chill well. Roll into balls about 1 inch diameter and arrange on a buttered cookie sheet. Press nut into each cookie and bake in fairly hot oven 375 degrees about 10 minutes. Makes about 24 cookies.

Miss Elsie Elliott.

SALTED PEANUT COOKIES

2 cups salted peanuts	2 egg whites beaten stiff
2 cups cornflakes	1 cup sugar

Beat eggs stiff, adding sugar gradually. Add remaining ingredients. Drop off teaspoon upon wax paper on baking sheet. Cook 10 minutes 300 degrees.

Mrs. H. F. Cook.

FRUIT SQUARES AND FRUIT DROPS

COLOMBO ALMOND SQUARES

½ cup butter	1 teaspoon baking powder
1 cup sugar	½ teaspoon vanilla
2 egg yolks	1 teaspoon almond flavouring
Pinch salt	1½ cups flour

Cream butter, sugar and eggs, add dry ingredients and flavouring. Beat whites of eggs stiff and add to this 1 cup brown sugar. Spread over shortbread foundation and sprinkle one cup almonds chopped and blanched over egg whites. Bake for 20 minutes to one half hour in moderate oven. Cut in squares.

Mrs. F. Bush.

CHOCOLATE BROWNIES

6 tablespoons melted Crisco	3 tablespoons boiling water
1 cup white sugar	½ teaspoon salt
2 eggs well beaten	1 cup chopped walnuts
½ cup flour	1 teaspoon vanilla
2 squares of chocolate	

Spread thin in greased pan. Bake in slow oven 30 minutes. Cut while warm.

Mrs. George Morrison.

ALMOND SQUARES

Bottom :

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup brown sugar
 $1\frac{1}{2}$ cups flour
 1 teaspoon vanilla
 2 egg yolks

Top Mixture :

2 egg whites beaten stiff
 2 level cups brown sugar
 Almonds, blanced, and
 split in half

Cream butter and sugar and add egg yolks one at a time. Add vanilla, flour sifted. Mix well and spread thin on bottom of pan. Put on top mixture and sprinkle blanced almonds to suit. Bake slowly in a moderate oven about 45 minutes until golden brown. Cut in squares.

Mrs. C. R. Wark.

CHINESE CHEWS

Sift flour and then measure:

5 tablespoons.

Sift a second time with :

2 teaspoons baking powder

1 lb chopped dates

1 cup walnuts

 $\frac{3}{4}$ cup white sugar $\frac{1}{8}$ teaspoon salt

1 teaspoon vanilla

3 eggs (unbeaten)

Combine all together. Bake in oiled shallow pan in moderate oven 45 minutes, 325 degrees. Cut in squares and sprinkle with powdered sugar.

Mrs. E. R. McMullen

DATE AND NUT SQUARES

2 heaping tablespoonful flour

2 teaspoons baking powder

1 dessertspoon melted

shortening

Flavouring to taste

1 cup chopped dates

1 cup chopped walnuts

 $\frac{3}{4}$ cup white sugar

2 eggs

Stone dates. Cut up. Mix in other ingredients. Cook in 8" by 14" pan. Medium oven. Cut in squares.

Mrs. Wm. Dawbarn.

PINEAPPLE SQUARES

 $1\frac{1}{4}$ cups flour $\frac{1}{4}$ teaspoon salt

1 tablespoon sugar

1 teaspoon baking powder

2 tablespoonful butter

1 egg

Milk

Enough milk to make a biscuit dough. Roll and put in large shallow pan spread with pineapple marmalade. Put following mixture on top :

2 cups cocoanut

1 cup white sugar

1 tablespoon butter

1 egg

Bake in medium oven. Cut in finger lengths while warm.

Flo Quilliams Hebert.

DATE BARS

3 eggs well beaten	1 teaspoon vanilla
1 cup sugar	1 package dates
1 cup walnuts (chopped)	1 tablespoon water
1 cup flour	$\frac{1}{2}$ teaspoon salt
2 teaspoons baking powder	

Bake in shallow pan in slow oven. Cut in strips and roll in powdered sugar.

Mrs. A. Munkittrick.

VANITY FAIR

3 eggs	3 tablespoons flour
1 cup white sugar	$\frac{1}{2}$ teaspoon baking powder
1 cup chopped nuts	1 teaspoon vanilla
1 cup chopped dates	

Bake 20 minutes or more. Serve with whipped cream or cut in strips and dust with powdered sugar.

Mrs. T. J. Mullin

PEANUT SQUARES

$\frac{1}{2}$ cup butter or shortening	1 cup sifted flour
1 cup brown sugar	$\frac{1}{2}$ teaspoon salt
1 egg	1 teaspoon baking powder
$\frac{1}{2}$ cup peanuts chopped or ground	1 teaspoon vanilla

Melt butter, blend in sugar. Remove from heat and cool to lukewarm. Add unbeaten egg and mix well; add flour which has been sifted with salt and baking powder. Beat until smooth, then stir in broken peanuts and vanilla. Bake 25 to 30 minutes in a moderately slow oven (325 degrees). Cut in squares while warm.

Miss Enid Richardson.

ALMOND BALLS (Uncooked)

1 lb almonds (not blanched, put through mincer)	14 oz. glacé cherries (put through mincer)
--	---

Blend with one beaten egg. Add enough cocoanut to hold. About $\frac{1}{4}$ lb. Roll into balls. Roll balls in granulated sugar.

Mrs. Harold Andrews.

CHINESE CHEWS

1 cup dates (cut up)	1 teaspoon baking powder
1 cup walnuts (cut up)	$\frac{1}{4}$ teaspoon salt
1 cup sugar	2 eggs
$\frac{3}{4}$ cup flour	

Mix dry ingredients then put in nuts and dates, add beaten eggs. Spread in cake tin one half inch deep. Bake thirty minutes in moderate oven. Cut in squares. Then roll in powdered sugar.

Mrs. G. Claxton.

FUDGE SQUARES

3 tablespoons shortening	¼ cup milk
1 cup white sugar	2 squares chocolate
1 egg	1 cup chopped walnuts
1 cup flour	1 teaspoon vanilla
1 teaspoon baking powder	⅛ teaspoon salt

Cream shortening, sugar, add egg. Add sifted dry ingredients. Melt chocolate, add with flavouring and walnuts. Bake in baking sheet. Cut in squares while warm.

Mrs. George Morrison.

KOTA RAJAS

(with lemon filling)

1¾ cup cracker crumbs	1 teaspoon baking powder
½ cup granulated sugar	1½ tablespoons milk
¾ cup flour	½ cup butter

Cream butter and add sugar gradually. Add part of sifted flour with baking powder, add milk, cracker crumbs and the remaining flour. Spread ¾ of this mixture in a buttered pan. Place lemon filling on top and then spread the rest of the mixture on top of filling. Press down and bake in a moderate oven. Strips of blanched almonds may be put on top if desired. Cut in squares.

Mrs. F. Bush.

SNIPDOODLES

1 cup granulated sugar	1 cup flour
1 tablespoon butter	1 teaspoon baking powder
½ cup milk	1 teaspoon cinnamon
1 egg	

Spread thinly in oblong pan and when nearly done, sprinkle with sugar and finish baking. Cut in squares, and remove from tin.

Mrs. H. Shirt.

PINEAPPLE SQUARES

First mixture :	1 tablespoon butter
1 cup flour	1 tablespoon sugar
1 teaspoon baking powder	1½ eggs

Beat three eggs and use half. Spread mixture out to fit pan. Cover with layer of crushed pineapple.

Second mixture :	2 cups shredded cocoanut
1 cup sugar	1 tablespoon melted butter
1½ eggs	

Cream butter and sugar. Add eggs and cocoanut. Spread on first mixture and bake, in a moderate oven. Cut in squares.

Miss Enid Richardson.

MARSHMALLOW BALLS ✓

22 marshmallows cut in four. Put into bowl, pour over $\frac{1}{2}$ cup cream, let stand overnight. Add $\frac{1}{2}$ cup thinly sliced dates, $\frac{1}{2}$ cup of sliced almonds. Chill. Make into balls and roll balls in fine graham cracker crumbs.

Mrs. Harold Andrews.

SURPRISE SQUARES

First part:

$\frac{1}{2}$ cup butter

1 cup bread flour

$\frac{1}{2}$ teaspoon salt

Rub altogether. Pat firmly into rather large cake pan. Bake in medium oven until done.

Second part

$1\frac{1}{2}$ cups brown sugar

1 cup chopped walnuts

$\frac{1}{2}$ cup cocoanut

2 tablespoons flour

1 teaspoon baking powder

2 unbeaten eggs

$\frac{3}{8}$ teaspoon vanilla

Mix and beat thoroughly. Put on top of the baked and cooled first part. Bake until the second part is done. Bake in medium oven. Cut in squares when cool.

Mrs. E. Parker.

FRUIT MACAROONS

1 cup fruit sugar

1 tablespoon cornstarch

3 egg whites

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon almond essence

Mix fruit sugar and cornstarch thoroughly. Beat whites of eggs well, gradually adding sugar and cornstarch beating continuously. Cook 15 minutes in double boiler, adding salt and almond essence. Mix:

1 cup chopped almonds

1 cup cornflakes

$1\frac{1}{2}$ cups cocoanut

$\frac{1}{2}$ cup chopped dates

$\frac{1}{4}$ cup chopped cherries
(crystallized)

Add to first mixture when cooked. Drop by spoonfuls on a well greased pan which has been generously sprinkled with cornstarch to keep macaroons from spreading.

Mrs. L. H. Roberts.

FRUIT DROP COOKIES

1 cup sugar

$\frac{1}{2}$ cup butter

2 eggs

$1\frac{1}{4}$ cup flour

1 cup raisins

1 cup walnuts (put raisins and walnuts through meat chopper)

$\frac{1}{2}$ teaspoon soda dissolved in a
little warm water

1 teaspoon cinnamon

1 teaspoon cloves

A little nutmeg

Mix and drop from teaspoon on greased baking sheet.

Mrs. F. G. Barlow.

FRUIT MACAROONS

- | | |
|------------------------------|---|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ cup chopped nuts |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ cup candied cherries (cut up) |
| 2 tablespoons milk | 1 cup grated cocoanut |
| $1\frac{3}{4}$ cup flour | 1 teaspoon almond extract |
| $\frac{1}{4}$ teaspoon salt | Whites of 2 eggs |
| 1 teaspoon baking powder | |

Fold the egg whites in the last thing and bake at 350 degrees until delicately browned. Makes about 40.

Mrs. D. L. Macdonald.

OATMEAL DATE SQUARES

- | | |
|---------------------------------|------------------------------|
| 2 cups flour | $\frac{3}{4}$ cup shortening |
| 2 cups rolled oats | 1 teaspoon soda |
| $1\frac{1}{2}$ cups brown sugar | Date filling |
| $\frac{1}{2}$ teaspoon salt | |

Remove lumps from sugar. Add rolled oats. Sift in flour, salt and soda. Work in shortening with finger tips until well blended. Press one half this mixture firmly and evenly over the bottom of a baking pan. Spread with date filling. Sprinkle remaining dough over top. Press down slightly. Bake slowly until firm and brown, about 30 or 40 minutes. Cool, cut in squares.

Date filling: Prepare one pound of dates cut in pieces; add one half cup of water and one half cup of sugar — stew slowly until the dates are soft.

Mrs. D. Page.

CHOCOLATE BROWNIES

- | | |
|-------------------------------|--------------------------------------|
| 2 squares melted chocolate | $\frac{3}{4}$ cup flour |
| $\frac{1}{4}$ lb butter | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{2}$ cup chopped walnuts |
| $\frac{1}{2}$ cup white sugar | $\frac{1}{2}$ teaspoon baking powder |
| 2 eggs (unbeaten) | |

Melt chocolate and butter in saucepan. Stir in sugar. Add unbeaten eggs. Beat vigorously. Add flour and salt. Mix well. Add nuts. Put in a buttered pan (8" x 8") and bake in slow oven, 325 degrees, 25 minutes.

Mrs. E. R. McMullen.

CHOCOLATE CRUMBLES

- | | |
|-----------------------------------|----------------------------|
| 1 square dark sweetened chocolate | 2 cups cornflakes |
| | $\frac{1}{4}$ cup cocoanut |

Shred chocolate and melt on direct heat. Remove from heat and add cornflakes and cocoanut. Shape with two spoons on waxed paper.

Mrs. F. H. Andrews.

LEMON CRUMBLES

1 $\frac{3}{4}$ cups cracker crumbs	$\frac{1}{2}$ cup sugar
$\frac{3}{4}$ cup flour	1 teaspoon milk
$\frac{1}{2}$ cup cocoanut	1 teaspoon baking powder
$\frac{3}{4}$ cup butter	

Mix well with hands. Put one half mixture in pan. Then cover with the following:

1 cup sugar	1 teaspoon Cornstarch
Juice and rind of one lemon	1 cup water
1 egg	

Boil in double boiler until thick. Cover filling with remaining crumbs. Bake in medium oven until light brown. Cut in squares when cool.

Mrs. E. R. McMullen.

OATMEAL SQUARES

2 cups oatmeal	$\frac{1}{2}$ cup butter
1 cup brown sugar	Pinch of soda

Mix and pat in greased cake pan and cook until it bubbles up. Mark in squares then turn out after cooling slightly.

Miss Elsie Elliott.

ROLLED COOKIES AND DOUGHNUTS

GINGERSNAPS

1 cup molasses	3 cups flour
$\frac{1}{2}$ cup shortening	1 teaspoon soda
$\frac{1}{4}$ teaspoon salt	2 teaspoons ginger

Heat molasses and shortening. Cool. Mix and sift dry ingredients and add to first mixture, thoroughly chill. Toss on floured board and roll very thin, cut and bake on buttered pan. These may be decorated with candied cherries or cocoanut.

Mrs. H. F. Cook.

OATMEAL COOKIES

3 cups rolled oats	$\frac{1}{2}$ cup water
2 cups flour	$\frac{1}{2}$ teaspoon soda
1 cup butter and lard or Crisco	$\frac{1}{8}$ teaspoon salt
1 cup sugar	

Rub flour, sugar and oatmeal together with shortening. Add water in which soda has been dissolved. Use a little flour in rolling and bake very slowly.

Mrs. W. C. Bean.

PINWHEEL COOKIES

- | | |
|--|--------------------------------------|
| $\frac{1}{2}$ cup shortening | $1\frac{1}{2}$ cups flour |
| $\frac{1}{2}$ cup white sugar | 3 tablespoons milk |
| Yolk of 1 egg | $\frac{1}{2}$ teaspoon baking powder |
| 1 square unsweetened chocolate
(melted) | $\frac{1}{4}$ teaspoon salt |

Cream shortening, add sugar gradually, add yolk of egg and milk. Sift dry ingredients and add to mixture. Divide dough, add chocolate to one half. Roll out white mixture, then the chocolate mixture the same size, place chocolate on top of white. Roll like a jelly roll and put in ice box overnight, cut in slices and bake in oven 400 degrees for 12 to 15 minutes.

Mrs. J. I. McWilliams.

OLD FASHIONED GINGER SNAPS

- | | |
|---------------------------------|-----------------------|
| $1\frac{1}{2}$ cups brown sugar | 3 eggs |
| 1 cup butter | 2 teaspoonfuls soda |
| 1 cup molasses | 3 teaspoonfuls ginger |

Flour to roll thin.

Mrs. W. C. Perry.

SPLENDID COOKIES

- | | |
|-----------------------------|--|
| 2 cups sugar, brown is best | 1 cup chopped raisins |
| 1 cup butter (heaping) | 3 eggs |
| $\frac{1}{2}$ cup sour milk | 1 teaspoon each cloves, nutmeg
and cinnamon |
| 1 teaspoon soda | |

Roll rather thick.

Mrs. H. E. Shirt.

ICE BOX COOKIES

- | | |
|---------------------------|-----------------------------|
| $3\frac{1}{2}$ cups flour | $\frac{1}{8}$ teaspoon salt |
| 1 teaspoon soda | 2 eggs |
| 1 cup nuts chopped fine | 2 cups brown sugar |
| 1 cup shortening | |

Cream shortening and sugar. Sift dry ingredients. Add well beaten eggs to sugar and shortening, then flour and then the nuts. Roll and put in ice box overnight. Slice thin. Bake 350 degrees.

Mrs. W. C. Perry.

CHEESE AND APPLE JELLY COOKIES

- | | |
|--------------------------------------|--|
| 1 cup flour | 1 package cream cheese
(well mixed) |
| 1 square butter ($\frac{1}{2}$ cup) | |

Roll out thin, cut, place apple jelly on one piece, cover with another and pinch edges. Bake in hot oven for ten minutes.

Mrs. H. F. Cook.

GINGERSNAPS (Icebox)

1 cup molasses	About 4 cups flour
1 cup brown sugar	$\frac{1}{2}$ teaspoon ginger
1 cup shortening	$\frac{1}{2}$ teaspoon allspice
1 teaspoon soda	$\frac{1}{2}$ teaspoon cloves

Melt shortening. Add soda dissolved in a little molasses. Sift dry ingredients together, add to first mixture. Cool. Then form into roll and chill. Slice very thin.

Mrs. J. McD. Scott.

OATMEAL COOKIES

2 cups fine oatmeal	1 cup brown sugar (sifted)
2 cups flour	1 teaspoon salt
1 cup shortening	1 teaspoon soda

Mix well and cut into cookies or into triangles like oat cakes. Bake in slow oven.

Mrs. W. S. Nish.

MOLASSES COOKIES

$\frac{3}{4}$ cup Crisco	1 cup molasses
1 cup brown sugar	1 teaspoon soda dissolved in
1 egg	$\frac{1}{2}$ cup warm water
$1\frac{1}{2}$ cups raisins	3 cups flour
1 teaspoon each of ginger, cinnamon, and salt	

Cream shortening and sugar, add egg, molasses, dry ingredients sifted together, alternately with soda, flour and raisins. Mix well and bake in hot oven, 12 minutes.

Mrs. Frank Lawrence.

SPICY GOODIES

$\frac{3}{4}$ cup butter	1 teaspoon baking soda
1 cup brown sugar	1 teaspoon cream of tartar
1 egg	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ teaspoon nutmeg or cinnamon	

Mrs. Latremouille.

Mix until stiff. Flatten small piece in hand, place nut on top. Place on greased sheet and bake in slow oven until they are a light brown.

Mrs. Latremouille.

GINGERSNAPS ✓

1 cup brown sugar	1 cup butter and lard or Crisco
2 cups molasses	2 dessertspoonful soda
Flour	3 dessertspoonful ginger
570 Allspice, cloves and salt	1 dessertspoonful cinnamon

Put all ingredients into molasses (with the exception of flour) and let come to boil. When cool, add flour to make a very stiff dough. Let stand overnight in refrigerator. In morning roll out and bake.

Mrs. W. C. Bean.

WHITE COOKIES

2 cups sugar
2 cups butter
5 cups flour
4 eggs

2 teaspoons soda
4 teaspoons cream of tartar
1 teaspoon salt

Cream butter and sugar, add well beaten eggs. Dry ingredients sifted together. Flavour to taste. Roll out and bake. Use as little flour as possible to roll out.

Miss Florence Murray.

OATMEAL COOKIES

1 cup brown sugar
2 cups flour
2 cups rolled oats
 $\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup Crisco or lard
1 teaspoon soda (dissolved in
 $\frac{1}{4}$ cup hot water)
Pinch of salt and little vanilla

Cream sugar butter and shortening. Add dry ingredients and soda last. Put small piece on greased pan, dip fork in flour and press flat. Place small piece of cherry on top. Small pieces of peel, pineapple, red and green cherries, etc., may be put on top for variety.

Mrs. C. R. Wark.

FILLED COOKIES

1 cup sugar
 $\frac{1}{2}$ cup butter
1 egg
Flour to roll

$\frac{1}{2}$ cup milk
1 teaspoon soda
2 teaspoons cream of tartar
1 teaspoon vanilla

Filling:

1 cup chopped raisins
 $\frac{1}{2}$ cup sugar (white)

1 tablespoon flour
 $\frac{1}{2}$ cup water

Mix in order given. Place filling between cookies.

Mrs. W. C. Perry.

GINGER SNAPS

1 cup sugar
1 egg
 $\frac{2}{3}$ cup shortening
1 cup molasses
1 heaping teaspoon ginger

Flour (approx. 2 to 3 cups)
1 teaspoon salt
1 teaspoon soda
2 teaspoons vinegar

Beat up sugar and egg, then stir in melted shortening to which has been added the molasses and ginger. Add sifted flour and salt. Add flour enough to form a rather stiff dough. Put soda into the vinegar and add to the mixture, just before putting in the last of the flour. Roll very thin and cut. Bake in moderate oven.

Mrs. A. C. Iremonger.

RICH CHEESE CAKES

2 oz. yellow cream cheese 1½ cups flour
½ cup butter

Cream together butter and yellow cheese. Work together well. Sift and measure flour and add gradually. Chill well. Roll in sausage shape roll. Slice ¼ of an inch in thickness. Chill again, bake in slow oven, 300 degrees F. about 25 to 28 minutes.

Mrs. H. C. Neeld.

CREAM CHEESE COOKIES

2 packages (3 oz. each) cream cheese ¼ cup sugar
½ cup butter Pinch of salt
2 cups flour

Cream butter, cheese and sugar. Add salt and flour. Roll, put in wax paper for 12 hours in refrigerator. Cut off in thin slices. Spread chopped almonds, or cinnamon and sugar on top. Bake until slightly browned. Oven 400 degrees.

Mrs. W. R. McConnell.

ALMOND SLICES

3 eggs 2 teaspoons cinnamon
1 cup brown sugar 2 teaspoons soda
1 cup white sugar ¼ cup blanched almonds
1½ cup hot butter 5½ cups Swansdown flour

Mix in order given. Chill overnight. Slice in thin slices and bake in hot oven.

Mrs. Alex. Taylor.

DOUGHNUTS

1 cup sugar 1 teaspoon soda
2 eggs Pinch of salt
1 cup sour milk 3 tablespoons melted butter

Beat the eggs then add the sugar and beat until very light. Add melted butter. Add milk and soda, salt and flour to roll. Cut and fry in deep fat.

Mrs. H. F. Cook.

DATE COOKIES

1 cup brown sugar ½ cup hot water with
½ cup shortening ½ teaspoon soda dissolved in it
½ cup butter 2 cups rolled oats
2 cups flour
Salt

Roll very thin with plenty of flour on board. Cut with cookie cutter and put filling of dates in between and bake in moderately hot oven.

Filling :

1 lb dates
 $\frac{1}{2}$ cup water

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ lemon (juice)

Boil together.

Mrs. J. Telesphore Martin.

BUTTERSCOTCH COOKIES

1 cup butter
 2 cups brown sugar (sifted)
 2 eggs
 2 cups chopped walnuts

$2\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon soda
 2 teaspoons vanilla

Cream butter and brown sugar, add egg just slightly beaten. Sift flour, salt and soda. Combine ingredients, adding vanilla last. Nuts should be dusted with flour before adding to mixture. Mix dough until light and creamy. Flour squares of waxed paper, roll dough into cylinder shaped rolls with hands. Wrap each roll in waxed paper and leave in icebox over night; slice quite thin and bake in a moderate oven until golden brown. For a smaller quantity make half this recipe.

Mrs. W. D. Mosher.

OATMEAL COOKIES

2 cups flour
 1 cup oatmeal or
 fine rolled oats
 1 cup sugar
 $1\frac{1}{2}$ cups shortening

$1\frac{1}{2}$ cups sour cream or milk
 2 eggs
 1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt

Use little flour for rolling, roll quite thin and cut with cutter. Bake in moderate oven on well greased pan.

Mrs. T. E. Strong.

CHOCOLATE DOUGHNUTS

$\frac{1}{4}$ cup butter
 $1\frac{1}{4}$ cupful sugar
 2 eggs
 $1\frac{1}{2}$ squares melted chocolate
 1 cupful sour milk

4 cupfuls flour
 1 teaspoon soda
 1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
 $1\frac{1}{2}$ teaspoon vanilla

Cream the butter, add sugar gradually, while beating constantly; then add eggs well beaten, the melted chocolate, the sour milk and the flour which has been sifted with the soda, cinnamon and salt. Add the vanilla and enough flour to handle the mixture. Toss on slightly floured board, knead slightly, pat and roll $\frac{1}{4}$ inch thick, shape with a doughnut cutter, first dipped in flour. Fry in deep fat and drain on brown paper.

B H. G.

DOUGHNUTS

- | | |
|---|-----------------------------------|
| 2 eggs | 2 level teaspoons cream of tartar |
| 1 cup sugar | 1 level teaspoon ginger |
| 2 tablespoons melted butter | 1½ teaspoons salt |
| 1 cup buttermilk or sour milk | Dash of nutmeg |
| 1 level teaspoon soda dissolved in buttermilk | 4½ cups flour |
| 1 level teaspoon soda | |

Sift 1 teaspoon soda with remaining dry ingredients.

Mrs. K. V. Gow.

MOLASSES DOUGHNUTS

- | | |
|-----------------------------|-----------------------|
| 1 cup molasses | 2 eggs |
| 1 cup sugar | 1 large teaspoon soda |
| 1 cup sour milk | 1 teaspoon salt |
| 3 tablespoons melted butter | Flour |

Dissolve soda in sour milk, and add to well beaten eggs with molasses and sugar. Add enough sifted flour to mould on floured baking board.

Mrs. S. A. Wisdom.

FOOTBALL DOUGHNUTS

From the above mixture, the 'holes' are moulded and stretched into shape resembling a football. Fry in deep fat, and when cool, ice with confectioner's frosting in smallest icing tube on upper side of doughnut, to imitate the lacings on a football.

DOUGHNUTS ✓

- | | |
|-------------------------------|---|
| 2 eggs | Flour to make soft dough easily handled about 4½ cups |
| 1 cup sugar | 1 teaspoon soda |
| 3 dessertspoons melted butter | 1 teaspoon salt |
| 1 cup sour milk | ½ teaspoon nutmeg |
| | ½ teaspoon cinnamon |

Beat eggs until light, and sugar and beat well, then the melted butter and the sour milk. Add the sifted dry ingredients.

Mrs. R. H. MacDonald.

SHORTBREAD

CHERRY CAKES (Shortbread style)

- | | |
|-------------------|---------------------|
| 1 cup butter | 1 egg yolk |
| ¾ cup brown sugar | 2 cups sifted flour |

Halved maraschino cherries or candied cherries.

Cream one cup butter well. Work in three quarters cup brown sugar and cream together for five minutes. Beat in the yolk

of one egg and gradually sift in the flour, kneading the mass with hands until soft and pliable. Then form into small balls and press with a fork. Press half cherry in center of each cake and bake at 325 degrees until crisp, but not browned.

Mrs. J. I. McWilliams.

DREAM CAKE

½ cup butter

1 cup flour, mix well, pack in tin 8 by 8 inches.

Bake ten minutes in moderate oven. Mix:

½ cup chopped dates

2 eggs

1 cup brown sugar

1 teaspoon flour

½ cup walnuts

1 teaspoon baking powder

½ cup cocoanut

Pinch of salt

Spread over shortbread foundation, — bake in moderate oven until firm.

Mrs. G. Claxton.

PARSON'S CAPS

Make a short crust paste with:

2 cups flour

1 dessertspoon sugar

½ cup butter

Pinch of salt

2 egg yolks

Little water

Roll as for pastry. Cut in round 2½ inches in diameter. Put one teaspoon of stiff jam, jelly or marmalade in center. Take up sides and press together making little three cornered hats. Brush with milk and sprinkle with granulated sugar. Bake in hot oven 450 degrees. (Will keep).

Mrs. W. R. McConnell.

SHORTBREAD (easy to make as it is not rolled)

1 cup butter

1 egg yolk

½ cup brown sugar (generous)

2 cups flour

Mould to shape size of small walnut. Place pecan nut on top and bake slowly.

Mrs. C. B. Bradley.

SHORTBREAD

½ lb butter

2 cups flour

½ cup corn starch

Salt

½ cup pulverized sugar

Bake in slow oven. Can be pressed on bottom of inverted pan and cut in 1" x 2" strips after baking. Can be rolled and cut also.

Mrs. C. R. Wark.

SHORTBREAD

6 oz. flour	6 oz. shortening
3 dessertspoonfuls ground rice	2 tablespoonsfuls castor sugar
Few glacé cherries and small piece of angelica	

Sieve the flour with the ground rice. Mix the sugar and shortening together, then work in the flour and rice. It is easier to mix shortbread with the hands than with a spoon.

When well mixed into a lump, work it until smooth, and then press out to one large or two small rounds with a rolling-pin.

Decorate the edge by pinching it with your thumb and fingers, and prick the top.

Put a few small pieces of glace cherry in the centre, then place the shortbread on a tin and put in a very moderate oven to bake. It will take about three-quarters to an hour to cook. It is better to put the angelica on after the shortbread is baked, as it is apt to become discoloured when heated.

Mrs. B. G. Wood.

SHORTBREAD

1 lb butter	2 tablespoons cream
1½ cup white sugar	5 cups flour (well sifted)
1 egg	

Cream butter, add sugar gradually and knead thoroughly. Add well beaten egg and cream. Add flour gradually. Roll in small rolls, wrap in wax paper and place in refrigerator for the night. Next morning, slice and cook for 20 minutes in moderate oven.

Mrs. H. Abbot-Smith.

BERLINERRINGS

2 egg yolks	½ lb flour
2 egg yolks (hard boiled)	½ lb butter
3 oz. sugar	2 egg whites

Wash butter in cold water. Crush hard boiled yolks with fork and add to beaten yolks. Stir well. Add sugar, then work in alternately flour and butter. Roll out and make rings. Dip in egg whites and sprinkle with coarse sugar. Bake light brown in warm oven.

Mrs. Stangeland.

SHORTBREAD

1 lb butter	2 or 3 cups flour (approximately)
1¼ cups brown sugar (sifted)	

Cream butter thoroughly, add sifted brown sugar gradually and knead until you can roll on floured board. Cut in finger lengths. Sprinkle with sugar. Cook in slow oven. This requires thorough kneading of all ingredients.

Mrs. H. S. Reid.

SHORTBREAD

1 cup icing or brown sugar	$\frac{1}{4}$ teaspoon salt
1 lb butter	$\frac{1}{2}$ teaspoon vanilla
4 cups flour	

Cream butter thoroughly, add sifted sugar gradually. Knead thoroughly. Add sifted flour, mix; roll out to desired thickness. Criss-cross with tines of silver fork dipped in flour. Cut into fancy shapes.

A Friend.

DESSERTS

CUSTARD (for the sick)

2 egg yolks	1 teaspoon sugar
3 teaspoons sherry	$\frac{1}{8}$ teaspoon salt

Cook over boiling water until it starts to thicken. Remove from heat and beat for smoothness.

Mrs. J. Telesphore Martin.

FIVE MINUTES' PUDDING

$\frac{1}{2}$ cup ground rice	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup fruit sugar	1 teaspoon baking powder
1 egg	Jam

Mix thoroughly the four dry ingredients, add egg well beaten. Bake in a flat buttered pan. Bake in hot oven for five minutes. When cooked spread with jam, — roll, — and serve with custard or cream.

Mrs. R. L. Desmond.

DELICIOUS DESSERT

4 eggs	8 soda biscuits (rolled fine)
1 cup sugar	1 cup chopped walnuts

Separate eggs, beating yolks well. Add sugar, cracker crumbs and walnuts to yolks. Fold in stiffly beaten whites. Bake in two layer pans. Served with whipped cream between and on top.

Mrs. W. C. Bean.

MOUNTAIN DEW PUDDING

1 pint milk	3 teaspoons sugar
2 egg yolks (beaten)	$\frac{1}{8}$ teaspoon salt
4 crackers (rolled fine)	3 teaspoons cocoanut

Mix ingredients in order given. Bake 20 minutes in moderate oven. Add beaten egg whites just before removing from oven. Return to oven and brown.

Mrs. H. F. Cook.

CHRISTMAS PLUM PUDDING

½ lb beef suet	2 oz. flour
½ lb sugar	2 tablespoons brown sugar
¼ lb stoned raisins	6 sweet and 6 bitter almonds,
¼ lb sultanas	blanched and shredded finely
½ lb currants	1 teaspoon nutmeg grated
4 eggs (well beaten)	2 oz. candied lemon and
½ lb bread crumbs	citron peel, minced

Shred beef suet and mix with a little flour and salt to prevent sticking. Mix all ingredients thoroughly after which a wineglass of brandy is added. Let this stand from five to six hours, then add a cupful of milk. Put in molds and boil for three hours. Sufficient for five or six persons.

from A Friend in La Tuque.

NOWEGIAN CREAM

2 eggs	¼ pint warm water
2 oz. sugar	Apricot Jam
¼ oz. gelatine	Cream (whipped)
2 or 3 drops vanilla	

Dissolve gelatine in water. Separate whites from yolks of eggs. Beat yolks with 1 oz. sugar for 5 minutes. Beat whites up stiffly, then add 1 oz. sugar and beat well for 5 minutes. Add flavouring. Pour into crystal dish. When set, spread thinly with apricot jam and decorate with whipped cream. The success of this cream depends upon the time for beating stated in this recipe.

Mrs. F. W. Skirrow.

CANARY PUDDING

2 oz. flour	1 egg
1½ oz. sugar	½ teaspoon baking powder
1 oz. butter	Milk to moisten

Cream butter and sugar together until smooth. Add egg well beaten. Sift in dry ingredients as lightly as possible, adding milk gradually until the mixture drops readily from the spoon. Pour into a well greased mould. Steam for one hour. Serve with jam or custard sauce. Sufficient for 3 to 4 persons.

Mrs. Henry Pike.

SUMMER PUDDING

Line a crystal dish with slices of stale bread, removing the crusts. Stew 1 lb fruit, red currants and raspberries are preferable. Sweeten to taste and pour the fruit and juice over the bread. Build up in layers and place plate over top to assist in moulding. When cold serve with whipped cream or custard.

Mrs. T. Barclay.

SPICED COTTAGE PUDDING

Cream together:

$\frac{1}{2}$ cup shortening
1 cup sugar

Add:

2 tablespoons honey

Mix:

$\frac{1}{4}$ teaspoon each cloves, cinnamon
1 teaspoon baking soda and sift with 2 cups sifted and measured flour
 $\frac{3}{4}$ cup water

Beat in water alternately with flour. Bake in a flat buttered pan for one hour at 325 degrees. Serve with honey sauce.

Mrs. C. S. Saunders.

CHOCOLATE BREAD PUDDING

2 cups diced fresh bread
3 cups milk
1 egg
 $\frac{1}{3}$ cup sugar

4 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla
2 squares Baker's chocolate

Slice bread in one inch thickness. Dice with crusts (or can be removed). Cook in double boiler with milk until well blended. Melt chocolate over hot water and add to milk and bread. Mix well. Beat egg, add hot mixture to egg. Bake in buttered pudding dish set in pan of hot water for about 40 minutes. Temperature 325 degrees. Serve with hard sauce.

Mrs. E. Leight Hebert.

BAVARIAN CREAM (Serves 12 persons)

1 can pineapple (shredded)
1 cup sugar

1 pint sweet cream
 $\frac{1}{2}$ box or 1 envelope gelatine

Divide and pour half the juice of pineapple on sugar and half on gelatine and dissolve. Put sugar and juice portion on stove to boil, until it becomes of syrup consistency. Set aside to cool. Mix with the gelatine. Have cream beaten stiff. Mix ingredients together. Cool and serve.

Miss Florence Murray.

SPANISH CREAM

1 tablespoon gelatine
 $\frac{1}{4}$ cup cold water
 $2\frac{3}{4}$ cups milk
3 egg whites and yolks

$\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ cup sugar

Soak gelatine in cold water. Scald milk in double boiler and cool. Pour slowly over egg yolks. Return to double boiler, add gelatine and stir until dissolved. Add sugar and cook until thick. Cool and add whites of eggs beaten stiff. Pour into sherbet glasses. and set too cool.

A Friend.

ORANGE PEKOE BAVARIAN CREAM

Make Bavarian Cream, scalding
with milk
2 cloves

1½ teaspoons dry orange pekoe
tea
Grated rind of one orange

Strain. Omit vanilla.

Mrs. W. R. McConnell

GLORIFIED CUSTARD

1 cup cocoanut
15 or 16 marshmallows
3 eggs

3 tablespoons sugar
1 pint milk
Salt and flavouring

Place one half of cocoanut in greased baking dish. Cover with marshmallows cut in halves. Sprinkle with remainder of cocoanut. If desired add pineapple marmalade or any thick jam. Beat eggs, add sugar, salt and scalded milk, and flavouring. Pour over mixture. Bake in buttered pudding dish set in pan of hot water. Bake in moderate oven until custard sets. 325 degrees. Serve cold.

Mrs. W. C. Bean.

APPLE PUDDING

4 to 5 apples
1 cup sugar
½ cup sugar (to sprinkle)

3 tablespoons butter
1 cup flour
Salt

Crumb all this together well. Place pared, cored and sliced apples in buttered pudding dish. Sprinkle with sugar. Add crumb mixture. Bake about one hour in moderate oven. Serve with cream and sugar. Rhubarb or peaches may be used in place of apples.

Mrs. C. Weddell.

PINEAPPLE UPSIDE DOWN CAKE

4 tablespoons Crisco
1 cup brown sugar

1 No. 2 can sliced pineapple

Melt Crisco in bottom of deep cake pan, add sugar. Blend thoroughly and spread over bottom of pan. Arrange pineapple slices over sugar — a cherry in center of each slice. Cover with following batter and bake in oven 350 degrees about 30 minutes.

Batter:

¼ cup Crisco
¾ cup sugar
1 egg

1½ cups flour
1 teaspoon baking powder
½ cup milk or pineapple juice
½ teaspoon salt

Blend Crisco, sugar and egg. Add sifted dry ingredients alternately with liquid. Bake in moderate oven, and turn out on serving plate for serving.

Mrs. W. R. McConnell.

MERINGUE DESSERT

6 egg whites
2 cups white sugar
1 tablespoon vinegar

1 teaspoon vanilla
Whipped cream

Beat eggs stiff. Add other ingredients slowly. Cook $\frac{3}{4}$ hour in slow oven. Can be baked in layer pans or pyrex pie plate. Cool. Top with fruit and serve with whipped cream.

Mrs. H. S. Lawrence.

CARROT PUDDING

1 cup grated carrot
1 cup grated potato
1 cup suet (cut fine)
1 cup white sugar
 $\frac{1}{8}$ teaspoon salt

1 cup stoned raisins
 $1\frac{1}{2}$ cups flour
1 teaspoon baking powder
(heaping)
1 egg
1 teaspoon ginger
 $\frac{1}{2}$ teaspoon cinnamon

Mix in order given. Steam four hours slowly. Serve with wine sauce.

Mrs. W. Mueller.

FIG PUDDING

$\frac{1}{2}$ cup Crisco
 $\frac{1}{2}$ cup sugar
2 cups fine dry bread crumbs
 $1\frac{1}{4}$ cups scalded milk
3 eggs
 $\frac{1}{4}$ cup flour
1 teaspoon baking powder

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{2}$ cupful chopped figs
 $\frac{1}{2}$ cupful sultana raisins

Blend shortening with sugar. Add eggs well beaten. Soak bread crumbs in scalded milk. Add remaining ingredients. Steam three hours.

du

Mrs. F. Lawrence.

RICE KRISPIES — APPLE PUDDING

4 apples
2 cups Rice Krispies
3 eggs

1 cup milk
 $\frac{1}{3}$ cup sugar
Nutmeg to taste

Arrange alternately in buttered baking dish, layers of Krispies and thinly sliced apples, sprinkle with sugar, nutmeg, and small pieces of butter. Begin with apples, end with Krispies. Over the top pour the well beaten eggs combined with milk and sugar. Serve with cream. Bake 300 degrees — 40 minutes until custard is set.

Mrs. F. G. Kottmeier.

LEMON SAUCE PUDDING

- | | |
|---------------------------------|-----------------------|
| 1 tablespoon shortening | 1 cup milk |
| 1 cup sugar | 1 lemon |
| 2 tablespoons well sifted flour | Grated rind and juice |
| 2 eggs | |

Cream shortening and sugar, add flour. Then lemon, beaten egg yolks with milk. Then fold in well beaten egg whites. Cook in baking dish set in pan hot water. Bake in moderate oven. When cooked the batter will form a cake on top, making a pudding and sauce in one dish. Oven 350 degrees.

Serve 4-6

Mrs. A. Iremonger.

40-50 min

CABINET PUDDING

- | | |
|-----------------------|--------------------------------|
| 1 cup sour milk | 5 cups flour |
| 1 small teaspoon soda | $\frac{1}{2}$ cup chopped suet |
| 1 cup molasses | 1 cup raisins |
| 3 eggs | Cinnamon and cloves to taste |

Beat eggs well, add molasses and soda dissolved in sour milk. Flour fruit. Add remaining ingredients. Steam two hours.

Mrs. H. E. Shirt.

TAPIOCA ICE

- | | |
|---------------|---------------------|
| 1 cup tapioca | 1 pineapple chopped |
| 1 cup sugar | (or canned) |

Soak tapioca overnight. Put on stove and when boiling hot, add sugar. Boil until clear. Pour mixture over pineapple. Put in mold. Serve cold with cream and sugar.

Miss Florence Murray.

TRIFLE

Cut up stale sponge cake in good sized pieces. Moisten with sherry and place in the bottom of a glass dish. Pour strawberry jam over cake. Then a rich boiled custard, then cake, continuing in layers. Cover with whipped cream and cherries.

Mrs. W. Mueller.

STEAMED PUDDING

- | | |
|----------------------------|-----------------------------|
| $\frac{1}{4}$ cup butter | $1\frac{1}{2}$ cup flour |
| $\frac{1}{2}$ cup molasses | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup milk | 1 teaspoon salt |
| 1 egg | 1 cup raisins |

Steam three hours. Serve with any good liquid sauce.

Mrs. D. L. Macdonald.

COCOANUT PUDDING

Cook in double boiler:

1 pint milk
5 small soda biscuits
1 dessertspoon sugar

Scald and add:

1 heaping cup shredded
cocoanut
1 teaspoon vanilla
Small piece of butter
Beaten yolks of two eggs

Cook until thick. Then put in buttered baking dish in pan of hot water and bake until firm. Make a meringue of egg whites and brown. Serve with hot maple syrup to which a piece of butter has been added. Pudding is served cold and sauce hot.

Mrs. H. S. Lawrence.

MAPLE CUSTARD

To the slightly beaten yolks of

3 eggs, add
 $\frac{1}{4}$ cup maple syrup

Beat well, add:

2 cups milk also
whites of eggs beaten stiff.

Put in baking dish and set in pan of hot water and bake an hour in a slow oven.

Mrs. H. S. Reid.

STEAMED FIG PUDDING

1 lb figs
 $\frac{1}{2}$ lb beef suet
4 cups bread crumbs
 $\frac{3}{4}$ cup sugar

2 eggs
 $\frac{1}{2}$ cup milk
4 large tablespoons flour
2 teaspoons baking powder

Put figs through food chopper. Mix suet with the bread crumbs, add figs and sugar. Stir in eggs which have been well beaten. Add milk. Flour with baking powder. Put in greased mold and steam for three hours. Serve with lemon sauce.

Mrs. L. H. Roberts.

CHOCOLATE RICE MERINGUE

2 cups milk
 $\frac{1}{4}$ cup rice
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ cup sugar
1 tablespoon butter

$\frac{1}{2}$ teaspoon vanilla
1 square melted chocolate
 $\frac{1}{2}$ cup seeded raisins
4 egg whites
 $\frac{1}{2}$ cup heavy cream

Cook rice in double boiler with milk and salt until soft. Add butter, sugar, chocolate, vanilla and raisins. Cut and fold in the whites of eggs and cream beaten stiff. Pour into buttered baking dish and bake 15 minutes. Cover with meringue made with the whites of two eggs, four tablespoons powdered sugar and $\frac{1}{2}$ teaspoon vanilla. Brown in moderate oven.

Mrs. D. L. Macdonald.

GRAPENUT PUDDING

- | | |
|------------------------------|-------------------------|
| 2½ cups water | ½ cup walnuts, cut fine |
| 3 tablespoons minute tapioca | ½ cup raisins |
| 1 cup brown sugar | 1 teaspoon vanilla |
| 1 cup grapenuts | Salt |

Cook tapioca in water until clear. Add other ingredients while hot and set away to cool. Serve with whipped cream.

Mrs. R. H. MacDonald.

APPLE FRITTERS

Beat up:

- | | |
|--------------------|--------------------------|
| 2 eggs or 4 yolks | 1 cup very warm milk |
| 1 tablespoon sugar | (do not boil) |
| Shake of salt | 2 cups flour |
| 3 apples | 1 teaspoon baking powder |

Beat up egg or 4 yolks, adding sugar, salt, and cup of warm milk. Stir well. Add flour sifted with baking powder, then add peeled and cut apples. Put in by tablespoons in hot Crisco or Jewel Shortening and cook until browned. Drain on brown paper. Serve warm or cold with maple syrup. This also makes a nice supper or luncheon dish.

Mrs. L. H. Roberts

STEAMED MOLASSES PUDDING

- | | |
|-----------------|-----------------------------|
| 1 egg | 1½ cup flour |
| ¾ cup molasses | ½ teaspoon salt |
| 1 teaspoon soda | 1 cup raisins |
| ½ cup water | 2 tablespoons melted butter |

Beat egg, add molasses. Dissolve soda in water and add to egg mixture. Sift dry ingredients. Flour raisins, and add melted butter. Fill greased pudding mold ¾ full. Cover tightly and steam 1¼ hours. Serve with lemon or any hard sauce.

Mrs. A. C. Jenkinson.

STEAMED CHOCOLATE PUDDING

- | | |
|-------------------|--------------------------|
| 1 egg | 1 teaspoon baking powder |
| ½ cup sugar | 1 square chocolate |
| 1 teaspoon butter | ½ teaspoon vanilla |
| ½ cup milk | ½ teaspoon salt |
| 1 cup flour | |

Beat egg, add sugar and butter melted, beat well. Add melted chocolate, milk and flour to which has been added the baking powder. Steam 1 hour. Serve with whipped cream or hard sauce.

Mrs. R. H. MacDonald.

GRAPENUT PUDDING

1 cup grapenuts	1 pint sweet milk
2 tablespoons cocoanut	$\frac{1}{2}$ cup sugar
Butter size of an egg	2 eggs

Soak grapenuts in hot water, *enough to cover*. Beat yolks of eggs well, add other ingredients and add to grapenuts. Beat whites of eggs stiff and fold in. Bake 20 minutes. Serve with whipped cream.

Mrs. R. H. MacDonald.

RAILROAD PUDDING

1 cup water	1 lemon juice
1 cup molasses	1 teaspoon soda
1 cup raisins	2 cups dried bread crumbs
1 cup suet	Flour

Combine ingredients. Dough must be firm enough so that it can be held on spoon. Steam three hours. Serve with hard sauce.

Mrs. S. A. Wisdom.

UNUSUAL RICE PUDDING

6 oz. cooking figs	3 oz. rice
$1\frac{1}{2}$ oz. sugar	$1\frac{1}{2}$ oz. mutton suet
$1\frac{1}{2}$ pints milk	Nutmeg

Stalk, wash and cut up the figs. Wash the rice and put it in a pie-dish with the sugar and figs. Mix together and stir in the milk. Grate the suet finely and mix in. Then grate a little nutmeg on top of the pudding.

Leave to soak for two or three hours, then put into a warm oven to cook, letting it simmer gently. It will take about one and a half hour.

Serve hot or cold. If cold, sprinkle with desiccated coconut.

Mrs. B. G. Wood.

CREAM PUFFS OR CHOCOLATE ECLAIRS

1 cup boiling water	4 eggs
$\frac{1}{2}$ cup butter	1 cup flour

Put butter and water in saucepan and place over fire. As soon as boiling point is reached, add flour all at once and stir vigorously. Remove from heat as soon as mixed. Add unbeaten eggs one at a time, beating until thoroughly mixed. Shape mixture (for eclairs) 4 inches long and 1 inch wide with pastry tube or knife. Bake 25 minutes in moderate oven 375 degrees. Cut with scissors on side and fill with cream filling. Ice with chocolate icing.

Mrs. K. V. Gow.

CREAM PUFFS

$\frac{1}{4}$ lb flour	8 oz. water
$\frac{1}{4}$ lb butter	4 small eggs

Bring water and butter to boiling point. Take off heat and add flour. Put back on heat for a few minutes. Remove and add eggs one at a time. Drop from dessertspoon to buttered sheet and bake slowly in oven 425 degrees.

Mrs. Stångeland.

PLUM PUDDING

2 lbs bread crumbs	2 tablespoons flour
$1\frac{1}{4}$ lbs suet	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{1}{4}$ lbs large raisins	$\frac{1}{2}$ teaspoon cinnamon
1 lb currants	1 teaspoon allspice
$\frac{1}{2}$ lb mixed peel	1 wine glass brandy
$\frac{1}{4}$ lb almonds	1 cup orange juice
$1\frac{1}{2}$ lbs brown sugar	2 tablespoons lemon juice
$1\frac{1}{2}$ lbs seedless raisins	1 teaspoon grated orange rind
4 eggs	

Crumble stale bread (soak crusts in water, squeeze dry and crumble). Mince suet, slice peel, blanch and cut almonds, raisins cut in halves. Mix all dry ingredients, let stand over night. Add liquids in the morning, put in greased basins or molds. Cover with thick buttered paper, tie down with a cloth. Boil seven hours.

Mrs. G. Claxton.

MARMALADE PUDDING

2 cups bread crumbs	$\frac{3}{4}$ cup sugar
1 cup chopped suet	2 tablespoons marmalade
$\frac{1}{2}$ teaspoon soda	Milk
1 tablespoon flour	

Moisten with milk and steam in greased mold for two hours or longer. Same pudding may be used with raisins and currants or figs (add one egg and peel with figs).

Mrs. H. F. Cook.

FROZEN DESSERTS

ICE CREAM

$1\frac{1}{4}$ cups top milk	$\frac{1}{8}$ teaspoon salt
2 eggs	$\frac{1}{2}$ pint cream or
$\frac{1}{2}$ cup sugar	evaporated milk
1 tablespoon flour	2 teaspoons vanilla

Scald milk, beat egg yolks adding sugar and flour. Combine with hot milk and cook on low heat until mixture coats spoon

like thin custard. Cool. Beat egg whites until stiff, add salt and fold into custard, adding vanilla. Pour into tray and freeze to mush. Remove from refrigerator and fold in whipped cream and freeze.

Mrs. Colin Colquhoun.

LEMON CREAM SHERBET

1 pint milk	Juice of 2 lemons
1 cup sugar	2 egg whites
½ pint cream	2 tablespoons sugar
Grated rind of one lemon	

Add sugar to milk and allow to dissolve. When thoroughly dissolved add lemon rind and juice, *stir while adding*. Turn into freezer tray and freeze about one hour. Beat egg whites adding two tablespoons of sugar. Whip the cream to thick custard consistency, combine with the egg whites, add to frozen mixture and mix lightly, return and freeze, *requires no stirring*.

Mrs. A. E. Scott.

BANANA MARLOW

30 marshmallows	1 cup mashed bananas
¾ cup boiling water	1½ cup cream (whipped stiff)
1 tablespoon lemon juice	

Melt the marshmallows. Add banana pulp and lemon juice. Cool. When cool and slightly thick combine with cream whipped stiff. Pour into tray and freeze.

Mrs. Colin Colquhoun.

CHOCOLATE ICE CREAM

1 can Eagle Brand Condensed milk	1 cup cold water
2 squares of chocolate	½ pint of cream
	1 teaspoon Knox Gelatine

Melt milk and chocolate in double boiler. Stir. Add gelatine that has been soaked in a little cold water to the hot milk and chocolate. Add remainder of water. Let cool. Add cream which has been whipped. Freeze.

Flo Quilliams Hebert.

MARSHMALLOW DAINTY

½ lb marshmallows	2 cups diced fruits, (bananas, pineapple and strawberries or any other)
1 cup cream	
1½ tablespoons sugar	

Cut marshmallows into small pieces. Add cream whipped with sugar. Add fruit. Set in refrigerator or a cool place for 1½ hours.

Mrs. R. H. MacDonald.

LEMON ICE CREAM

2 eggs	$\frac{1}{2}$ cup heavy cream
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup lemon juice
$\frac{1}{2}$ cup light corn syrup	1 teaspoon grated lemon rind
$1\frac{1}{2}$ cups milk	

Beat eggs until very light. Add sugar gradually, beating until mixture is rather thick. Combine with corn syrup, milk, cream, lemon juice and rind. Pour into freezing tray. When frozen, remove to chilled bowl and whip until mixture is light and creamy. Return to refrigerator and freeze until firm.

Mrs. A. C. Jenkinson.

MAPLE PECAN

15 marshmallows	$\frac{1}{2}$ pint whipped cream
$\frac{1}{2}$ cup maple syrup	$1\frac{1}{2}$ tablespoons lemon juice
$\frac{1}{2}$ cup water	$\frac{1}{3}$ cup pecans

Melt marshmallows, maple syrup and water in double boiler. Let cool. Add remaining ingredients. Freeze.

Mrs. E. H. Acton.

COFFEE MARLOW

20 marshmallows	Shake of salt
1 cup strong coffee	$\frac{1}{2}$ pint whipped cream

Melt marshmallows and coffee in double boiler. Let cool. Add whipped cream. Freeze.

Mrs. E. H. Acton.

PARADISE PUDDING

1 package Lemon Jello	1 cup heavy whipping cream
$1\frac{1}{2}$ cups boiling water	12 marshmallows (cut fine)
$\frac{1}{2}$ cup blanched almonds (browned in the oven)	12 maraschino cherries
6 lady fingers crushed	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon almond flavouring	Shake of salt

Dissolve jello and sugar in boiling water, — while cooling, crush with rolling pin the browned almonds — cut up cherries and marshmallows and crush the lady fingers. When jelly is cold and slightly thick beat with egg beater until like cream, then add almonds, marshmallows, cherries, lady fingers and salt. Add the whipped cream put in mold and chill. Serve with flavoured and sweetened whipped cream.

Mrs. L. H. Roberts.

TOASTED COCOANUT BISQUE

2 tablespoons quick tapioca	6 tablespoons light corn syrup
$\frac{1}{4}$ teaspoon salt	2 tablespoons sugar
2 cups scalded milk	2 egg whites
1 cupful whipped cream	2 tablespoons sugar
$1\frac{1}{2}$ teaspoons vanilla	1 cup cocoanut toasted and crumbled
$\frac{1}{2}$ cup sugar	

Add tapioca and salt to milk and cook 15 minutes in double boiler until tapioca is clear. Add sugar and syrup and continue cooking and stirring until sugar is dissolved. Cool and strain by stirring (not rubbing) through strainer. Add sugar to egg whites and beat until stiff. Fold into tapioca mixture. Fold in cream, vanilla and cocoanut. Turn into freezing tray and freeze as rapidly as possible. Makes 1 quart.

Mrs. R. H. MacDonald.

Fillings and Icings

DELICIOUS ICING

2 egg whites	$3\frac{1}{2}$ cups sifted confectioners' sugar
2 tablespoons water	
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ teaspoon almond flavouring
$\frac{1}{8}$ teaspoon cream of tartar	

Beat egg whites and 2 tablespoons water stiff but not dry. Add salt, cream of tartar and the sugar. Using a Dover egg beater.

Mrs. R. H. Ferguson.

FILLING FOR BUTTER TARTS

1 cup brown sugar	$\frac{3}{4}$ cup raisins
Butter size of an egg	1 egg
$\frac{1}{4}$ cup milk	Nutmeg
2 teaspoonfuls vinegar	

Mix sugar, butter, raisins, add egg well beaten, the vinegar and the milk last.

Mrs. W. C. Perry.

CREAM FILLING

$\frac{7}{8}$ cup sugar	2 cups scalded milk
$\frac{1}{4}$ cup flour	1 teaspoon vanilla or lemon flavouring
$\frac{1}{8}$ teaspoon salt	
2 eggs	

Combine sugar flour and salt, add eggs well beaten and the scalded milk. Return to double boiler and cook fifteen minutes.

Mrs. Frank Lawrence.

CHOCOLATE MOCHA FROSTING

2 heaping cups of pulverized sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup butter	4 tablespoons cocoa
	4 tablespoons strong coffee

Pour hot coffee on butter and add sugar and cocoa. Beat until light, holding bowl in pan of hot water for a while, then finish beating without hot water. This recipe is for a large cake.

Mrs. E. R. McMullen.

LEMON CAKE FILLING

1 lemon (juice and rind)	1 cup boiling water
1 cup sugar	1 tablespoonful Corn Starch
1 egg beaten	

Combine lemon and sugar, add egg well beaten. Add boiling water. Dilute cornstarch in a little cold water, add to mixture and cook in double boiler until clear and thick.

Miss Florence Murray.

ICING FOR ORANGE SPONGE CAKE

Mix the juice of one orange with	
4 cups of icing sugar	2 tablespoons of cream
Butter size of an egg	Rind of two oranges

More cream may be added if mixture is too thick.

Mrs. Cornelius.

FUDGE FROSTING

1 large cup brown sugar	2 heaping tablespoons butter
$\frac{1}{3}$ cup cream	Vanilla
$1\frac{1}{2}$ squares Bakers Chocolate	

Combine sugar, cream and grated chocolate. Cook until soft ball forms in water. Remove from fire and add vanilla. Beat to a cream.

Mrs. E. A. Wadleigh.

QUISSET FROSTING

2 cups white sugar	$\frac{3}{4}$ cup milk
Butter size of an egg	1 teaspoon vanilla

Boil 15 minutes and add vanilla. Beat until thick enough to spread. Ice between layers of Quisset cake and on top.

Miss Effie J. Bothwell.

MOCHA ICING

$1\frac{1}{2}$ tablespoons butter	$1\frac{1}{2}$ tablespoons cocoa
3 tablespoons coffee	$1\frac{1}{2}$ cups confectioners' sugar

Melt butter, add other ingredients.

Mrs. J. Latremouille.

FILLING FOR BAKEWELL TART

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup butter
 1 cup pastry flour

2 eggs
 Raspberry Jam

Cream butter and sugar. Beat in one egg and half the flour, beat in a second egg and the remainder of flour. Spread jam over the pastry which has been put in either a large tin or tart tins. Spread with mixture. Bake in a hot oven 450 degrees for 10 minutes, reducing to 400 until done. May be served with whipped cream as a dessert or plain for afternoon tea.

Mrs. W. R. McConnell.

LEMON CHEESE

1 lb sugar
 $\frac{1}{4}$ lb butter
 6 eggs

Grated rind of 2 lemons and
 juice of 3

Cook butter, sugar, lemon rind and juice in double boiler until sugar is dissolved. Beat eggs and add. Stir occasionally until thick, — do not boil. Keeps indefinitely. Use either for lemon tarts or filling for cake.

Mrs. D. L. Macdonald.

CREAM FILLING

$\frac{3}{4}$ cup sugar
 $\frac{1}{3}$ cup flour
 $\frac{1}{8}$ teaspoon salt

2 eggs
 2 cups scalded milk
 1 teaspoon vanilla

Mix dry ingredients. Add eggs slightly beaten and pour on gradually the scalded milk. Cook 15 minutes in double boiler, stirring constantly until mixture thickens. Cool and flavour.

Mrs. K. V. Gow.

CHOCOLATE CONFECTIONER'S FROSTING

$1\frac{1}{2}$ cups icing sugar (sifted)
 Boiling cream

2 tablespoons cocoa

Add to sifted sugar and cocoa combined, boiling cream to make of spreading consistency. Flavour with coffee or vanilla.

Mrs. K. V. Gow.

UNCOOKED ORANGE ICING

Grated rind of one orange
 1 tablespoon orange juice
 $\frac{1}{2}$ teaspoon lemon juice

1 egg yolk
 Icing sugar (sifted)

Add grated rind to mixed juices, let stand 15 minutes. Mix with slightly beaten egg yolk and add icing sugar to make of spreading consistency.

Mrs. H. S. Reid.

FUDGE FROSTING

2 squares chocolate	2 tablespoons butter
1 cup sugar	$\frac{1}{4}$ teaspoon vanilla
1 tablespoon flour	Pinch of salt
$\frac{1}{8}$ cup milk	

Melt chocolate over hot water, add sugar, flour and salt. Add milk slowly. Cook until it spins a thread, add butter and vanilla. Cool. Beat to a spreading consistency.

INCH HIGH ICING

2 cups sugar	1 teaspoon vinegar
5 tablespoons water	2 egg whites
$\frac{1}{4}$ teaspoon cream of tartar	

Mix sugar, water, cream of tartar until dissolved. Cook until hair forms. Pour in 1 teaspoon vinegar. Allow to stand while beating whites of two eggs. Pour syrup on eggs. Beat until cool and of spreading consistency.

BOILED FROSTING

$\frac{2}{3}$ cup sugar	3 dessertspoons cold water
1 egg white	

Cook in double boiler six minutes, beating constantly.

Mrs. E. H. Acton.

Fish, Chicken, Game and Dressing

FISH DRESSING

1 cup stale bread crumbs	1 teaspoon parsley
$\frac{1}{4}$ cup melted butter	1 teaspoon capers
$\frac{1}{4}$ teaspoon salt	1 teaspoon pickles (minced)
$\frac{1}{8}$ teaspoon pepper	Few drops of lemon juice
1 teaspoon onion minced	

Mix all ingredients thoroughly.

Mrs. W. R. McConnell.

LEMON SOLES WITH SHRIMP

As many lemon soles as required,	
1 can shrimps	$1\frac{1}{2}$ cups white sauce
2 tablespoons butter	Seasonings

Dice shrimps. Place shrimps on lemon soles, dot with butter. Season. Roll up and stand on end in buttered oven proof dish

Cover with milk sauce and dot with butter. Bake for 1 hour in moderate oven.

Mrs. Wm. Dawbarn.

FISH BAKED IN TOMATO

1 lb haddock fillets	5 tablespoons flour
1 tin tomatoes	Salt and pepper
2 tablespoons sliced onion	4 tablespoons butter

Put haddock in greased baking dish. Mix flour with some of the tomato juice, add remainder of tomatoes and onions. Season highly. Pour over fish and dot with butter. Cook in oven 400 degrees 35 minutes.

Mrs. Donald Baillie.

HALIBUT A LA CONTANT

6 thin slices of salt pork	2 tablespoons butter
3 thin slices of onion	2 tablespoons flour
3 sprays of bay leaf	2 slices of halibut, 1½" thick

Place salt pork in buttered baking pan with sliced onion and bay leaf. Arrange halibut over salt pork and spread over fish the butter and flour creamed together. Dot with butter and small thin slices of salt pork. Bake 20 minutes in moderate oven.

A Friend.

POTATO STUFFING FOR DUCK

3 cups hot mashed potatoes	6 tablespoons melted butter
1½ cups soft bread crumbs	2 tablespoons finely chopped onion
½ teaspoon pepper	
1½ teaspoons sage	1½ teaspoon salt

Combine in order given. Beat well. Sufficient for a 5 lb duck.

Mrs. H. S. Reid.

OYSTER STUFFING FOR TURKEY

1 quart bread crumbs	2 tablespoons butter
1 egg	1 teaspoon sage
1 pint oysters chopped fine	Seasonings.

Mix altogether and use to stuff either turkey or chicken.

Mrs. B. G. Wood.

DIGESTIVE CHICKEN DRESSING

1 cup chopped onion	¼ cup water
1 cup chopped celery	¼ cup butter
1 cup chopped carrots	

Mix altogether. Can be used to stuff chicken or placed in pan and baked with chicken.

Mrs. H. S. Reid.

POTATO STUFFING

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|--------------------------|-----------------------------|
| 1½ cups mashed potatoes | 1 teaspoon sugar |
| ½ cup bread crumbs | 2 teaspoons lemon juice |
| 1 tablespoon onion juice | 2 tablespoons melted butter |
| 1 teaspoon savory | Salt and pepper to taste |

Mix all ingredients together.

Mrs. C. Perry.

CHICKEN DRESSING

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| No. 1 | |
| 1 cup cracker crumbs | ½ cup boiling water |
| ½ cup butter | Salt and pepper |
| Powdered sage, summer savory or marjoram | |

Melt butter in water, pour over crackers to which seasonings have been added.

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| No. 2 | |
| 1 cup cracker crumbs | Salt |
| ¼ cup melted butter | Pepper |
| Sage | 1 cup scalded milk |

Melt butter in milk, pour over cracker crumbs to which seasonings have been added.

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| No. 3 | |
| 4 cups stale bread crumbs | Salt and pepper |
| ¾ cup melted butter | Thyme, or any fine herbs preferred |

Mrs. G. Balko.

DRY CHICKEN DRESSING

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| 3 cups dry bread crumbs | Salt and pepper |
| 2 tablespoons minced parsley | 1 minced onion |
| 3 tablespoons butter | 1 lemon juice and rind |
| Savory and thyme | ½ cup butter |

Dry bread crusts in oven, then put through mincer. Brown onion in butter, add to bread crumbs, and remaining ingredients. As you stuff fowl, put dots of butter in with each tablespoonsful of dressing.

Mrs. J. S. Whyte.

CHICKEN (Southern Style)

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|-----------|--------------|
| 1 chicken | Bread crumbs |
| Flour | Butter |
| Egg | Seasonings |

Cut up chicken and boil until nearly done. Take pieces of chicken and dip in flour, egg and finely ground bread crumbs. Place in well buttered baking dish. Dot generously with butter.

Brown in hot oven, then cover and cook slowly until tender. About one hour.

Mrs. H. C. Neeld.

CHICKEN CUSTARD

$\frac{1}{2}$ cup bread crumbs	2 egg yolks
$\frac{1}{4}$ cup diced celery	1 teaspoon onion juice
$\frac{1}{2}$ cup milk	1 cup diced chicken
$\frac{1}{2}$ cup cream	Dash of salt

Beat egg yolks, add liquids and remaining ingredients. Put in buttered baking dish and place in pan of hot water. Bake in hot oven until set.

Mrs. W. C. Perry.

EAST INDIAN CHICKEN

$\frac{1}{2}$ cup chopped chicken	1 teaspoon curry powder
$\frac{1}{2}$ cup chopped ham	Paprika and salt
$\frac{1}{2}$ cup white sauce	

Combine curry powder with flour in making white sauce. Add remaining ingredients, heat altogether and serve on squares of buttered toast.

Mrs. B. G. Wood.

JELLIED CHICKEN

Line a pint bowl with slices of hardboiled eggs; fill bowl with chopped cooked chicken that has been seasoned with salt, white pepper, celery salt and melted butter. Pour over it 1 cup of stock in which 1 tablespoon gelatine has been dissolved. Set on ice to chill.

Mrs. B. G. Wood.

SAVOURY CHICKEN

1 lb onions	$\frac{1}{2}$ pint milk
1 chicken cut in pieces	Salt and pepper to taste
1 tablespoon butter	A few cloves
$\frac{1}{4}$ cup bread crumbs	

Simmer for one hour. Serve with boiled rice.

Mrs. B. G. Wood.

ROAST CHICKEN

Dress, clean, stuff and truss a four or five pound chicken. Rub with salt and pepper and place in roasting pan. Rub into a paste 3 tablespoons butter and two tablespoons flour, which is rubbed over the breast and legs of fowl. Dredge bottom of pan with flour. Place in a hot oven and when flour is browned, baste with $\frac{1}{4}$ cup

of butter melted in $\frac{1}{2}$ cup boiling water. Reduce oven heat and baste every 10 minutes until chicken is done. If water dries from bottom of pan, add more. A 4 lb chicken requires $1\frac{1}{4}$ hours to roast.

GRAVY: Pour off the liquid from the pan in which the chicken roasted. Let this settle, remove 4 tablespoons of the chicken fat and place back in the pan. Heat and add 4 tablespoons flour. When these have cooked and browned together add a little at a time 2 cups of broth in which the giblets have cooked. Season with salt and pepper. Put giblets through food chopper and add to the gravy.

Mrs. G. Balko.

FRICASSEE CHICKEN

Cut up a 5 lb fowl in neat pieces as for fried chicken. Put the chicken in a kettle, cover with boiling water, cook slowly until tender, adding about 2 teaspoons salt the last half hour of cooking. When tender, remove from the stock and coat with seasoned flour. Sauté in fat until golden brown on all sides. Simmer the stock until reduced to $2\frac{1}{2}$ cupfuls. Thicken with 3 tablespoons of flour which have been mixed to a smooth paste with cold water. Add $\frac{1}{2}$ cupful of sweet or sour cream. Arrange pieces of chicken on hot platter. Pour the hot sauce over all. Garnish with halves of hot biscuits or dumplings.

Mrs. G. Balko.

CREAMED CHICKEN

Divide cold cooked chicken into large pieces. Add to a white sauce made from all milk or half milk and half chicken stock. Put in ramekins with buttered bread crumbs on top, place in oven to brown lightly.

SAVORY CHICKEN

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|-----------------------------|-----------------------------|
| 1 six pound chicken or fowl | 1 teaspoon salt |
| 1 dozen small onions | 3 cupfuls strained tomatoes |
| 3 stalks of celery | 1 tablespoon butter |
| 2 medium sized carrots | |

Cut chicken into neat pieces. Dredge with well seasoned flour and saute in butter until well browned on both sides. Place in a deep casserole and place around in the onions which have been peeled, celery cut into inch pieces, and carrots sliced. Sprinkle all with the salt and then pour the strained tomatoes over the top. Dot the surface with butter, cover tightly, and cook in a 350 degrees oven until the chicken and vegetables are tender, the time required being $2\frac{1}{2}$ to 3 hours. Serve with steaming rice.

Mrs. G. Balko.

CHICKEN CROQUETTES

2 cupfuls cold chopped chicken	Minced parsley
1 cup thick white sauce	Celery salt to taste
Salt and pepper	

Have sauce very cold. Mix carefully. Shape. Roll in crumb, egg, crumb again and fry in deep fat.

Mrs. G. Balko.

CHICKEN TURN OVERS

Chop until very fine some cooked chicken, season highly. Add a little finely minced ham, moisten with its own gravy or cream. Roll out trimmings of puff paste or any good pastry and cut into rather large rounds, moisten the edges slightly. Lay a tablespoonfull of mixture on one-half of each round of the paste, fold the other half over it, press the moistened edges closely together and bake in a quick oven. These turn-overs can also be fried in hot fat. When fried, they are called Rissoles.

Mrs. G. Balko.

QUICK CHICKEN STEW

2 cups diced cold potatoes	¼ teaspoon paprika
2 cups diced cold chicken	2 cups thickened chicken gravy
½ teaspoon salt	2 cups boiling water
1 teaspoon parsley	1 onion minced fine

To potatoes and chicken add salt and paprika. Dilute chicken gravy with boiling water, add onion, simmer until tender. Then add to chicken and heat thoroughly and serve. Sprinkle with parsley before serving. Left over peas, carrots and string beans may be added. Dumplings may be made and arranged around edge of platter.

Mrs. H. S. Reid.

CHICKEN BAKED IN MILK

Cut roasting chicken into pieces suitable for serving, (the skin and bones can be saved for soup). Dip pieces in egg beaten with little milk which is well seasoned and then in mixture of half flour and half sifted bread crumbs. Place on a well greased baking pan, season highly, dot with butter, and add just enough milk to cover bottom of pan. Cook in oven 300 degrees 2 or 2½ hours. Move chicken several times during the baking to prevent sticking, and adding a little milk from time to time, so that the meat keeps moist and yet the crumbs on top get crisp and brown. The gravy left in pan when chicken is baked can be put through a sieve and reheated before serving with chicken. Serve on platter garnished with halves of apricots and parsley. This method can also be used in baking veal chops. The success of this method is the addition of the milk a little at a time.

Mrs. Donald Baillie.

DEVEILED TURKEY

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| Slice left over turkey | 1 can tomato soup |
| 1 medium sized onion | 4 tablespoons butter |
| 2 green peppers (seeded) | 1 cup mushrooms (optional) |
| minced | 2 tablespoons flour |
| 1 teaspoon chopped parsley | 1 cup water |

Chop onions and green peppers fine, brown in butter, add mushrooms and parsley. When thoroughly mixed add flour and stir until smooth. Add tomato soup and water stirring continuously. Serve as sauce with turkey which has been heated in oven with 2 tablespoons butter.

A Friend.

MOCK DUCK

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|---|-----------------------|
| 2 lbs minced steak | 1 egg slightly beaten |
| $\frac{1}{2}$ lb fat salt pork (minced) | Seasonings |
| 1 cup bread crumbs | |

Mix altogether and use $\frac{3}{4}$ of this mixture to line buttered pyrex dish or bread pan. Fill centre with forcemeat made with:

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|------------------------|----------------------|
| 1 large Spanish onion | 1 tablespoon sage |
| (parboiled and minced) | 2 tablespoons butter |
| 2 cups crumbs | Seasonings |

Mix and season. Place inside lining of steak loaf, cover with remaining steak mixture. Cover with buttered paper. Place in pan containing water and bake one hour in brisk oven. Turn out on platter, to serve cut in slices.

Mrs. B. G. Wood.

CREOLE TURKEY

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|--------------------|--|
| 1 white onion | 1 teaspoon sugar |
| 2 green peppers | 6 or 8 skinned mushrooms |
| 1 tablespoon fat | $\frac{1}{2}$ teaspoon chopped parsley |
| 1 can tomato soup | $\frac{1}{2}$ teaspoon chopped chives |
| 1 tablespoon flour | Cold turkey slices |
| 1 teaspoon salt | |

Make a sauce as follows: Slice very finely the onions and peppers. Heat thoroughly in a frying pan with the fat and brown for 3 minutes. Add tomato soup and flour. Season this with the salt and sugar. When this is all blended together, add the mushrooms sliced, chopped parsley, and chopped olives. Slice the turkey as evenly and as attractively as possible. Place a row of slices overlapping each other in a flat baking dish, moisten with a little melted butter and heat thoroughly. On a large platter, put a sauce boat or bowl and fill with the sauce. Arrange the heated turkey slices around the sauce boat, garnish with celery leaves and pimento strips.

Mrs. G. Balko.

FAVORITE CAKE RECIPES

BUTTER CAKES AND CUP CAKES

CHERRY CAKE

½ lb butter
1 cup sugar
4 eggs
2¼ cups flour

½ teaspoon baking powder
½ teaspoon salt
1 lb cherries
½ lb peel if desired

Cream butter and sugar well. Beat until sugar is well dissolved. Add eggs one at a time, continue beating. Add dry ingredients sifted three times. Then cherries which have been halved or quartered. Bake 1¾ hours at 300 degrees.

Mrs. E. Leight Hebert.

CREAM COFFEE CAKE (with filling)

½ cup butter
1½ cup sugar (scant)
1 teaspoon salt
4 teaspoons baking powder

¾ cup milk
2 eggs
2 cups flour

Cream butter add sugar. Beat well. Add eggs well beaten. Sift dry ingredients and add alternately with milk. Bake in a buttered tube pan.

FILLING

1 cup cold coffee
1 cup sugar
¼ teaspoon salt

1 tablespoon cornstarch
1 cup whipped cream

Boil sugar, coffee and salt. Add cornstarch diluted with cold water. Boil ten minutes until thick. Stir constantly. When cool and just before serving whip 1 cup cream and add to it.

Miss A. E. Richardson.

MYSTERY CAKE

½ cup butter
1½ cups sugar
Grated rind of ½ orange
1 egg and
1 yolk
¼ teaspoon salt

2½ cups flour
1 cup milk
4 teaspoons Royal Baking Powder
1½ squares unsweetened chocolate (melted)

Cream butter, add sugar and grated orange rind. Add beaten egg yolks. Sift all dry ingredients and add alternately with milk, lastly fold in one beaten egg white. Divide the batter into two parts. To one part add the chocolate. Put by tablespoonfuls, alternating dark and light batter into three greased layer cake pans. Bake in moderate oven 20 minutes.

FILLING AND ICING

3 tablespoons butter melted
3 cups confectioner's sugar
2 tablespoons orange juice
1 egg white

Grated rind of $\frac{1}{2}$ orange and
pulp of one orange
3 squares of unsweetened
chocolate

Put butter, sugar, orange juice and rind into bowl. Cut pulp from orange, removing skin and seeds, add. Beat altogether until smooth. Fold in beaten egg white. Spread this icing on layer used for top of cake. While icing is soft sprinkle with unsweetened chocolate shaved in fine pieces with sharp knife, use $\frac{1}{2}$ a square. To remaining icing add $2\frac{1}{2}$ squares chocolate, which has been melted. Spread this thickly between layers and on sides of cake.

Mrs. G. C. Copping.

SOUR CREAM CHOCOLATE CAKE

1 cup sugar
 $\frac{1}{2}$ cup butter
1 egg
2 squares melted chocolate

$\frac{1}{2}$ teaspoon soda in
 $\frac{1}{2}$ cup creamy sour milk
 $1\frac{1}{2}$ cups flour
 $\frac{1}{4}$ cup boiling water to make
a thin mixture

Cream butter and sugar, add egg well beaten, and ingredients in order given. (Sift flour three times). Bake in moderate oven.

Mrs. E. H. Aeton.

GUM DROP CAKE

$\frac{1}{2}$ cup butter
1 cup sugar
2 eggs
 $\frac{3}{4}$ cup sweet milk
 $\frac{1}{4}$ teaspoon salt
2 cups flour (Five Roses)

1 full teaspoon baking powder
 $\frac{1}{2}$ teaspoon almond extract
 $\frac{3}{4}$ lb raisins
1 lb gum drops (green, red
and yellow)

Cream butter and sugar, add eggs and beat well. Add dry ingredients sifted together. Add milk alternately with flour. Quarter gumdrops (or cut fine) and roll in flour. Add to above mixture, then raisins also rolled in flour. Bake $1\frac{1}{2}$ hours in moderate oven in loaf pan.

Mrs. W. C. Bean.

SWANSDOWN FLOUR CAKE

$\frac{1}{2}$ cup butter
1 cup sugar
3 egg yolks well beaten
 $\frac{1}{2}$ cup milk
1 teaspoon vanilla

2 cups sifted Swansdown Flour
2 teaspoons baking powder
 $\frac{1}{8}$ teaspoon salt
3 egg whites stiffly beaten

Mix in order given. Sift dry ingredients three times and add alternately with milk. Bake in moderate oven.

Mrs. F. H. Andrews.

QUISSET CAKE

$\frac{1}{2}$ cup butter	1 teaspoon baking powder
$1\frac{1}{2}$ cups white sugar	(heaping)
3 egg yolks well beaten	6 tablespoons (level) grated
$\frac{1}{2}$ cup milk	chocolate in
$1\frac{1}{2}$ cup flour	2 tablespoons scalding milk

Cream butter and sugar well, add yolks well beaten, and milk slowly. Sift dry ingredients three times and add alternately with the beaten 3 egg whites. Add melted chocolate last. Makes three layers. Frost with Quisset Cake Frosting. Miss Effie Bothwell.

BANANA CAKE

$\frac{1}{2}$ cup butter	2 tablespoons hot water
1 cup sugar	3 tablespoons milk
1 egg	$1\frac{1}{2}$ cups flour
2 large bananas	1 teaspoon baking powder
1 teaspoon soda	(heaping)

Cream butter and sugar, add egg well beaten. Sift dry ingredients and add. Mash bananas. Mix soda with water and pour over bananas, whip until white. Add to batter. Bake in oven 300-325 degrees $\frac{3}{4}$ to one hour. Mrs. P. Radley.

MOCHA CAKE

2 tablespoons butter	3 level teaspoons baking
1 cup icing sugar	powder
7 tablespoons milk	2 eggs (whites)
$1\frac{1}{2}$ cups flour	

Mix in order given with dry ingredients sifted three times. Ice with following icing:

1 tablespoon cream	1 teaspoon almond extract
2 tablespoons butter	$\frac{1}{2}$ lb almonds shelled,
1 teaspoon vanilla	browned and minced
Sugar to right consistency	

Cut cake in squares, cover with icing, and roll in almonds.

Mrs. T. J. Mullen.

CHOCOLATE CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup cocoa
2 cups brown sugar	1 teaspoon soda
2 eggs	1 teaspoon vanilla
1 cup sour milk	$\frac{1}{8}$ teaspoon salt
2 cups Fives Roses Flour	

Cream butter with brown sugar (sifted). Add eggs one at a time unbeaten. Sift dry ingredients together three times. Add alternately with sour milk. Bake in moderate oven.

Mrs. K. Stangeland.

LITTLE DATE CAKES

2 tablespoons butter or
shortening

1 cup boiling water
1 cup dates finely cut

Combine and let stand until cool.

1 cup sugar
1 cup nutmeats
1 teaspoon soda (level)

1 teaspoon vanilla
1 $\frac{3}{4}$ cups flour

Sift flour once and measure, add soda and sift three times. Combine egg and nut meats to the date batter. Add flour and blend well. Add vanilla. Bake in small paper cups, in moderate oven for 25 minutes. Do not allow paper cups to touch each other.

Miss Florence Murray.

SOUR CREAM LEMON CAKE

2 eggs
1 cup sugar
1 cup sour cream
 $\frac{1}{4}$ teaspoon salt
1 tablespoon lemon juice

2 tablespoons grated lemon rind
2 cups flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon baking soda

Beat eggs and add sugar, beat well. Sift dry ingredients three times and add alternately with remaining ingredients. Beat well three minutes. Bake in slow oven for 30 minutes.

Mrs. Albert Webb.

LIGHTNING CAKE WITH FROSTING

$\frac{1}{3}$ soft butter
1 cup sugar
 $\frac{2}{3}$ cup milk (not cold)

1 egg
1 $\frac{3}{4}$ cups cake flour
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla

Sift flour once before measuring then sift again and add to it $\frac{1}{4}$ teaspoon salt, then sugar and baking powder. Sift. Fill measuring cup with $\frac{2}{3}$ cup milk that is not too cold, fill to the top with $\frac{1}{3}$ cup of soft butter. Add these with one unbeaten egg to the flour mixture and vanilla. Beat vigorously for three minutes and pour into buttered pan and bake for 25 to 30 minutes at 350 degrees.

Frosting:

3 tablespoons melted butter
5 tablespoons brown sugar

2 tablespoons top milk
 $\frac{1}{2}$ cup shredded cocoanut

Spread this over cake while it is still hot in pan and place under broiler flame turned very low, until icing bubbles and becomes golden. This must be watched as it takes only a minute or two.

Mrs. R. Bartlett.

CHOCOLATE CAKE

1 tablespoon butter	2 squares unsweatened
1 cup sugar	chocolate
1 cup milk	1 cup flour
1 egg	1 level teaspoon soda
	1 teaspoon vanilla
	$\frac{1}{8}$ teaspoon salt

Melt chocolate in double boiler over slow heat, add butter. Take from fire and add sugar until well dissolved, adding a little of the milk. Put unbeaten egg in remainder of milk. Sift dry ingredients together three times. Put all ingredients together, add vanilla. Stir only enough to mix. Do not beat. Bake in slow oven 300 degrees about 30 minutes.

Mrs. A. R. Meldrum.

SPANISH BUN

$\frac{1}{2}$ cup butter	1 teaspoon cream of tartar
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ cups flour
2 egg yolks	1 teaspoon cloves
$\frac{3}{4}$ cup milk	1 teaspoon cinnamon
$\frac{1}{2}$ teaspoon soda	$\frac{1}{8}$ teaspoon nutmeg

Cream butter and sugar slightly, add 1 egg yolk at a time and cream after each addition. Add spices and dry ingredients sifted together. Add a little milk alternately with dry ingredients. Bake in medium oven.

Frosting for above cake:

$1\frac{1}{2}$ cups brown sugar	1 egg white
	3 tablespoons cold water

Beat over boiling water for seven minutes. Remove from fire, add vanilla and spread on cake.

Mrs. Raymond Wilson.

ORANGE CUP CAKES

4 tablespoons butter	2 teaspoons baking powder
1 cup sugar	$\frac{1}{8}$ teaspoon salt
$\frac{2}{3}$ cup milk	1 teaspoon orange juice and
1 egg	grated rind of one orange
2 cups flour	

Cream butter and sugar slowly, add milk and beaten egg. Sift dry ingredients together and add to mixture. Add juice and orange rind. Bake in paper cups, 325 degrees.

Frosting:

1 egg white	$\frac{1}{4}$ cup red currant jelly
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Beat white of egg stiff. Add jelly slowly and continue beating until stiff. Spread on top of cakes when cold.

Mrs. W. C. Perry.

ICE WATER POUND CAKE

- | | |
|--------------------------|--------------------------|
| $\frac{1}{2}$ cup butter | 3 eggs |
| 2 cups sugar | 1 teaspoon baking powder |
| 1 cup ice water | (heaping) |
| 3 cups flour | Almond, rosewater or |
| | lemon flavouring |

Cream butter and sugar. Then add beaten egg yolks and beat well. Add water and sifted dry ingredients. Whites of eggs beaten stiff.

Miss Florence Murray.

SPECIAL CHOCOLATE CAKE

- | | |
|---------------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter | 1 tablespoon vinegar |
| 2 cups brown sugar | 1 teaspoon vanilla |
| 2 whole eggs or 4 yolks | $\frac{1}{4}$ teaspoon salt |
| 1 cup milk | 2 cups pastry flour |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{2}$ teaspoon soda |
| 4 squares chocolate | 1 teaspoon baking powder |

Cream the butter with half the sugar, add eggs, add other half of sugar. Melt chocolate in water and cook until thick. Sift dry ingredients three times. Mix milk, vinegar and chocolate together, add alternately with dry ingredients. Bake in moderate oven. 350 degrees.

Special Icing:

- | | |
|---------------------------------|---------------------|
| 2 cups sugar less 4 tablespoons | 6 tablespoons water |
| 2 egg whites | |

Cook over boiling water, beating all the time for 7 minutes. Add $\frac{1}{2}$ teaspoon baking powder and pinch of cream of tartar.

Mrs. E. H. Acton.

FUDGE CAKE

- | | |
|--|---------------------------------|
| 1 egg | 1 teaspoon soda dissolved in |
| 1 cup sugar | $\frac{1}{2}$ cup sour milk |
| $\frac{1}{4}$ cup butter or shortening | $\frac{1}{4}$ cup boiling water |
| 2 level tablespoons cocoa | 1 teaspoon vanilla |
| $\frac{1}{8}$ teaspoon salt | $1\frac{1}{2}$ cups flour |

Mix in order given and bake in 2 layer cake pans well buttered.

FILLING FOR CAKE

- | | |
|-------------------------|---|
| 1 cup boiling water | 1 tablespoon butter |
| $\frac{2}{3}$ cup sugar | 1 tablespoon corn starch |
| 1 teaspoon vanilla | diluted in $\frac{1}{2}$ cup cold water |
| 1 tablespoon cocoa | |

Cook until thick, stirring continually. Spread on cake when cool.

Mrs. Elizabeth Young.

GUM DROP CAKE

1 cup butter	$\frac{1}{2}$ lb coloured gum drops cut
1 cup sugar	in pieces and floured with
2 eggs	2 tablespoons flour
1 cup milk	$\frac{1}{2}$ teaspoon almond
2 cups flour (Five Roses)	$\frac{1}{2}$ teaspoon lemon essence
2 teaspoons baking powder	

Cream butter and sugar, add well beaten eggs. Sift dry ingredients three times. Add alternately with milk. Add gum drops carefully. Bake in tube cake pan at 300 degrees for one hour slowly.

Miss Effie Bothwell.

CHOCOLATE CAKE

2 eggs	1 cup sour milk
2 cups brown sugar	2 cups flour
$\frac{1}{2}$ cup butter	1 teaspoon soda
$\frac{1}{2}$ cup cocoa	2 teaspoons vanilla

Mix in order given. Bake 20 to 25 minutes. This makes quite a large cake, when cake is warm, cover with cut marshmallows. Spread over with chocolate icing.

Mrs. F. Bush.

WALNUT CHOCOLATE CAKE

1 cup brown sugar	2 cups flour (scent)
$\frac{3}{4}$ cup butter	$\frac{1}{8}$ teaspoon salt
2 eggs	1 teaspoon soda
$\frac{1}{4}$ cup sweet milk	2 teaspoons cream of tartar
$\frac{1}{4}$ cup melted chocolate	1 teaspoon vanilla
$\frac{1}{2}$ cup chopped walnuts	

Cream butter and sugar, add well beaten eggs. Sift dry ingredients three times which is added alternately with milk and chocolate. Add walnuts. Bake in two layers and ice with Caramel Frosting.

A Friend.

GINGERBREAD

$\frac{1}{2}$ cup butter	1 teaspoon soda
1 cup molasses	$\frac{1}{2}$ cup brown sugar
1 egg	2 cups flour
1 teaspoon ginger	1 cup boiling water

Mix sugar, butter and egg well. Molasses with soda added to it. Sift dry ingredients well and lastly add boiling water. Bake 40 minutes in moderate oven.

Mrs. F. W. Skirrow.

HOT MILK CAKE

2 eggs	1 teaspoon baking powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon lemon or vanilla extract
2 tablespoons melted butter	
1 cup flour	

Add sugar to well beaten eggs. Beat. Sift dry ingredients three times together and add to eggs and sugar. Add hot milk with melted butter (heated together) and flavouring. This is a good plain white cake suitable for any kind of icing. Can also be used for Cottage Pudding and served with Muscavado Sauce.

Miss Effie Bothwell.

GOLDEN CAKE

1 cup butter	$2\frac{1}{2}$ teaspoons baking powder
$1\frac{1}{2}$ cups sugar	1 teaspoon vanilla
$\frac{3}{4}$ cup milk	2 whites of eggs
$\frac{1}{2}$ teaspoon salt	5 yolks of eggs
3 cups pastry flour	

Cream butter, add sugar Cream well. Add yolks of eggs well beaten and beaten whites one at the time, then sifted dry ingredients which have been sifted three times, alternately with milk. Bake 300 degrees 1 hour and 20 minutes.

Mrs. E. Leight Hebert.

BANANA LOAF CAKE

2 eggs	1 teaspoon soda
1 cup white sugar	3 bananas mashed with fork
8 tablespoons sweet milk	$\frac{1}{4}$ cup nuts chopped
$2\frac{1}{4}$ cups flour	

Mix ingredients in order given and bake in moderate oven.

Mrs. R. E. Allen.

BUTTER CAKE

1 cup butter	$2\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups sugar	2 teaspoons baking powder
3 egg yolks	2 egg whites
1 cup milk	$\frac{1}{2}$ teaspoon vanilla

Cream butter. Add sugar and cream well together. Add yolks of eggs well beaten. Sift dry ingredients three times and add alternately with milk. Add whites of eggs beaten stiff. Bake in medium oven.

Mrs. H. C. Neeld.

DELICIOUS DEVIL CAKE

1 cup grated chocolate
 $\frac{1}{2}$ cup milk
 1 cup brown sugar

1 teaspoon vanilla
 Yolks of two eggs

Stir together and cook slowly over hot water until well blended. Set aside to cool.

Batter:

1 cup brown sugar
 $\frac{1}{2}$ cup butter
 2 cups flour

$\frac{1}{2}$ cup sweet milk
 Whites of 2 eggs
 1 teaspoon baking soda
 (dissolved in little hot water)

Cream butter and sugar together. Add milk. Sift dry ingredients together three times and add alternately with whites of eggs beaten stiff. Add chocolate custard. Stir. Lastly add 1 teaspoon soda dissolved in a little hot water. Bake thirty to forty minutes in moderate oven.

Mrs. Frank Lawrence.

DELICE CUP CAKES (and Chocolate Cup Cake)

$\frac{1}{3}$ cup butter
 1 cup sugar
 2 eggs
 $\frac{1}{2}$ teaspoon salt

$1\frac{1}{2}$ cups Swansdown flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ cup milk
 1 teaspoon vanilla

Cream butter and sugar. Add well beaten eggs, with milk and dry ingredients sifted three times. Add vanilla. Beat well together. Bake about 15 minutes in hot oven. For chocolate cup cakes add 2 squares melted unsweetened chocolate.

Mrs. E. H. Acton.

GINGER BREAD

1 egg
 4 tablespoons sugar
 4 tablespoons molasses
 2 tablespoons butter (melted)
 4 tablespoons sweet milk

4 tablespoons sour milk
 1 cup flour
 1 teaspoon ginger
 1 teaspoon soda
 $\frac{1}{8}$ teaspoon salt

Melt butter, add sugar and egg well beaten. Sift dry ingredients three times, add alternately with milk. Bake in gem pans or small square pan.

Mrs. R. H. MacDonald.

STANDARD BUTTER CAKE

$\frac{1}{3}$ cup butter
 $\frac{1}{8}$ cup granulated sugar
 2 eggs
 1 cup flour

2 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon vanilla

Cream butter and sugar well together and add eggs well beaten. Sift and measure flour and sift several times with remaining dry

ingredients. Add to first mixture alternately with milk, beating after each addition. Add vanilla. Bake in moderate oven, about 45 to 60 minutes in square or loaf pan, or 25 to 35 minutes in layer pans.

FROSTING FOR STANDARD BUTTER CAKE

2 cups brown sugar	2 tablespoons cream
$\frac{1}{2}$ cup water	

Boil until this forms a soft ball in water. Remove from fire and add cream. Beat until firm enough to spread on cake.

Betty Wilson.

BANANA CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup sour cream
$1\frac{1}{2}$ cups white sugar	1 teaspoon soda dissolved
1 cup banana pulp	in cream
2 eggs unbeaten	1 teaspoon vanilla
2 cups flour	

Cream butter and sugar. Sift flour and measure. Mix in order given. Bake in loaf pan in slow oven for one hour.

Mrs. Philip Holliday.

TWO EGG CUP CAKES

$\frac{1}{8}$ cup butter	$1\frac{3}{8}$ cups sifted flour
1 cup sugar	$1\frac{1}{2}$ teaspoon baking powder
2 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup milk	

Cream butter, add sugar gradually and cream until light and fluffy. Add unbeaten eggs one at a time beating well after each addition. Sift dry ingredients three times and add alternately with a small amount of milk. Beat after each addition until smooth. Bake in greased cup cake pans 20 to 25 minutes. Moderate oven.

Mrs. Harold Andrews.

APPLESAUCE CAKE

$\frac{1}{2}$ cup butter	1 cup dates
1 cup brown or white sugar	1 cup walnuts
$1\frac{1}{2}$ cups unsweetened apple sauce	2 teaspoons soda
2 eggs beaten	$\frac{1}{2}$ teaspoon cinnamon
2 cups pastry flour	$\frac{1}{4}$ teaspoon cloves
1 cup raisins	1 teaspoon vanilla

Mix in order given with dry ingredients well sifted. Bake in oven at 325 degrees for 45 to 60 minutes. Cover with butter icing made with grated rind of 1 lemon and juice of 1 orange. This cake is rich and keeps moist and fresh for a long time.

Mrs. G. H. Church.

DATE CUP CAKES

$\frac{1}{2}$ cup Jewel shortening or butter	2 cups flour
1 cup sugar	3 teaspoons baking powder
2 eggs	$\frac{1}{4}$ teaspoon baking soda
$\frac{1}{2}$ cup milk	1 cup dates chopped
	1 cup nuts chopped

Cream shortening well. Add sugar gradually with eggs well beaten. Sift dry ingredients three times and add alternately with milk a little at a time. Add dates and nuts last. Bake in moderate oven. Either in gem pans or paper cups. Mrs. E. Leight Hebert.

DATE AND NUT CAKE

1 cup butter	1 teaspoon cinnamon
1 cup brown sugar	2 cups flour
2 eggs	$\frac{1}{2}$ cup broken walnuts
1 teaspoon baking powder	1 lb dates cut up
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ cup warm water
1 teaspoon soda	

Mix in order given with dry ingredients well sifted. Bake in moderate oven. Mrs. M. Keating.

GRAHAM CRACKER CREAM CAKE

1 tablespoon butter	1 scant teaspoon baking powder
1 cup Eagle Brand Condensed Milk	$\frac{1}{8}$ teaspoon salt
1 egg	$\frac{1}{2}$ teaspoon vanilla
1 cup finely rolled graham crackers	$\frac{1}{2}$ cup chopped nuts

Melt butter add to condensed milk, then add well beaten egg yolk. Roll graham crackers and add with baking powder and salt to first mixture. Mix well. Add vanilla and nuts. Lastly fold in stiffly beaten egg white. Turn into well greased angel food pan (small size), bake in moderate oven 350 degrees for 25 minutes or until well set. Can be baked in any sized pan, butter pan well, and when cake is cold, spread with whipped cream well flavoured and sweetened.

Mrs. L. H. Roberts.

ALMOND CAKE

1 cup sugar	2 teaspoons baking powder
$\frac{1}{2}$ cup butter	Whites of four eggs
$\frac{2}{3}$ cup milk	1 teaspoon almond extract
$1\frac{1}{4}$ cups flour	1 cup almonds (blanched)

Cream butter and sugar, add milk alternately with flour which has been sifted with baking powder four times. Add whites of eggs beaten stiff. Sprinkle with chopped almonds and bake about 40 minutes.

Mrs. R. H. MacDonald.

MACAROON CAKE

$\frac{1}{2}$ cup butter	Yolks of 3 eggs
$\frac{1}{2}$ cup sugar	3 tablespoons milk
1 cup flour	Dash of salt
1 teaspoon baking powder	$\frac{1}{4}$ teaspoon vanilla
1 teaspoon corn starch	

Cream butter and sugar thoroughly, add well beaten egg yolks. Sift dry ingredients three times and add alternately with milk to creamed butter and sugar. Pour in buttered pan. Top with the following:

3 egg whites stiffly beaten	1 teaspoon cornstarch
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups cocoanut

Add ingredients slowly to beaten egg whites. Bake in slow oven for 40 minutes.

Mrs. F. C. Barlow.

SOUR CREAM CHOCOLATE CAKE

$1\frac{1}{2}$ cups light brown sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup butter	1 teaspoon soda
3 eggs (separated)	1 teaspoon baking powder
1 cup sour cream	1 cup grated chocolate
2 cups flour	$\frac{1}{8}$ teaspoon salt

Cream butter and sugar, add yolks of eggs well beaten. Melt chocolate over hot water and add to mixture; mix and sift baking powder, soda, salt and flour several times to thoroughly mixed soda.

Add to first mixture alternately with sour cream. Add vanilla and fold in whites of eggs beaten stiff. Bake in two layers in a moderate oven.

Mrs. W. D. Mosher.

CRUMB CAKE

$\frac{1}{2}$ cup butter	2 cups flour
2 cups brown sugar	

Cream butter and sugar well and sift in flour gradually. Cream thoroughly altogether. Save $\frac{3}{4}$ cup of this mixture for top of cake:

1 egg	3 teaspoons baking powder
$\frac{3}{4}$ cup milk	1 teaspoon cinnamon
$\frac{1}{2}$ cup flour	

Beat egg and add to first mixture. Sift dry ingredients three times with the exception of cinnamon. Add dry ingredients alternately with milk. Pour into a well buttered pan, add cinnamon to crumb mixture which was taken out, sprinkle over the top of cake. Bake in moderate oven.

Mrs. A. Munkittrick

BOILED RAISIN CAKE

1 cup raisins 2½ cups cold water

Boil twenty minutes. Drain off one cup of water and cool.

1 egg	½ teaspoon cinnamon
½ cup butter	⅛ teaspoon nutmeg
1 cup white sugar	2½ cups flour
3 tablespoons molasses	1 teaspoon soda
¼ teaspoon ginger	

Cream butter, add sugar and beaten egg. Then the molasses and the cup of water. Sift dry ingredients together three times and add. Fold in raisins. Bake in moderate oven.

Mrs. C. F. Masters.

SULTANA CAKE

½ lb well washed butter	3 scant cups flour
½ lb powdered sugar	1 teaspoon baking powder, level
6 egg yolks	Lemon flavouring
6 egg whites	1 lb sultana raisins

Cream butter and sugar thoroughly, adding sugar gradually, add yolks of 6 eggs, one at a time. Beat well. Sift dry ingredients three times. Fold in flour. Flour sultanas. Add whites of eggs beaten stiff (not dry) and then the sultanas. Line pan with buttered paper and bake one hour at 300 degrees.

Mrs. W. Kenny.

APPLESAUCE CAKE

¼ cup shortening	1 cup seeded raisins (chopped)
1 cup sugar	1 teaspoon baking powder
1 cup applesauce	1 level teaspoon soda
2 cups pastry flour	(dissolved in a little water)
1 teaspoon cinnamon	Dash of nutmeg and salt
1 teaspoon cloves	

Cream shortening and sugar, add apple sauce. Add soda dissolved in a little water. Sift dry ingredients three times and add. Add raisins. Bake in buttered pan in moderate oven.

Mrs. Annie R. Bulman.

CHOCOLATE MARBLE CAKE

½ cup butter	1 teaspoon vanilla
1 cup sugar	½ teaspoon salt
¾ cup milk	2 teaspoons Baking Powder
1½ cups flour	½ teaspoon Baking Powder
1 tablespoon flour	1½ squares Bakers' Chocolate
Whites of four eggs	

Cream butter and add sugar gradually, then add milk alternately with flour mixed and sifted with two teaspoons of

baking powder and salt, — whites of four eggs beaten stiff, then vanilla.

Divide mixture and to one-half of the mixture add melted chocolate and 1 tablespoon flour and $\frac{1}{2}$ teaspoon baking powder. Drop by spoonfuls, 1 dark part and 1 light part, in a well greased cake pan and bake in moderate oven.

Mrs. H. S. Lawrence.

DANISH COFFEE CAKE

2 cups bread flour	$\frac{1}{2}$ teaspoon salt
$3\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{8}$ cup shortening	$\frac{1}{4}$ cup sugar
2 unbeaten eggs	$\frac{1}{4}$ cup Sultana raisins

For top:

1 tablespoon sugar
 $\frac{1}{4}$ cup milk

Blanched almonds
Citron peel, finely shaved

Sift flour, salt, and baking powder. Cut in shortening (Crisco). Mix sugar with eggs. Make a depression in centre of flour, pour in eggs, then milk and raisins. Mix well. Spread in 9" x 9" greased square pan. Brush top with milk, place pieces of citron peel finely shaved in rows across; pressing them in so they will stick. Sprinkle with sugar and chopped almonds. Bake in 400 degrees oven about 30 minutes. Serve hot with butter.

Mrs. Donald Baillie.

REBON CAKE

2 cups sugar	2 teaspoons cream of tartar
$\frac{1}{2}$ cup butter creamed well	1 teaspoon soda
4 eggs beaten until light	1 teaspoon vanilla
1 cup milk	Beaten whites of eggs last.
3 cups flour	

Take out $\frac{1}{8}$ of recipe, add:

1 dessertspoon molasses
 $\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon cloves, allspice
and nutmeg
 $\frac{1}{8}$ cup raisins cut fine

Bake in three layer cake pans and put together with lemon or jelly filling.

Mrs. R. H. MacDonald.

SPONGE CAKES

SPONGE CAKE

3 eggs	1 teaspoon baking powder
$\frac{3}{4}$ cup sugar	Flavouring
1 cup flour	$\frac{1}{8}$ cup boiling water

Separate yolks from whites of eggs. Beat sugar in yolks, add dry ingredients well sifted. Add beaten egg whites last. Cook 15 to 20 minutes.

A Friend.

HOT MILK SPONGE CAKE

4 eggs (whites and yolks (beaten separately) then combined:	2 cups flour
2 cups sugar	1 teaspoon baking powder
	1 cup boiling milk
	$\frac{1}{4}$ teaspoon lemon flavouring

Whites and yolks are beaten separately, then combined, add sugar beaten in gradually, then flour sifted with baking powder. Add boiling milk at the very last. Flavor with lemon. (Beat hard after sugar is added). Bake in very slow oven.

Mrs. H. C. Neeld.

SUNSHINE CAKE

5 eggs	1 teaspoon cream of tartar
1 cup sugar	Pinch of salt
$\frac{1}{2}$ cup water	1 teaspoon almond or
Juice of half orange	vanilla flavouring
1 cup Swansdown flour	

Beat whites of eggs until stiff. Beat yolks well. Meanwhile boil the sugar and water until it threads. Pour slowly over whites and beat for 10 minutes. Add beaten yolks, the flour and cream of tartar sifted three times. Add salt. Beat until smooth. Add the orange juice and flavouring. Pour into an ungreased tube pan and bake in a moderate oven 40 to 45 minutes. For an oven with heat control set at 300 or just slightly under.

Mrs. J. F. Wickenden.

SPONGE CAKE

3 egg whites	$\frac{1}{2}$ cup milk
3 egg yolks	1 cup flour
1 cup sugar	2 teaspoons baking powder

Separate whites from yolks. Beat whites of eggs until stiff, add yolks unbeaten. Add sugar gradually and beat well. Add dry ingredients and milk. Bake twenty to twenty five minutes. Oven just under 400.

Mrs. Frank Lawrence.

IRENE'S CAKE

1 cup Swansdown flour	6 eggs separated
(sifted before measuring)	$1\frac{1}{2}$ cups sugar
Sift 3 times with	$\frac{1}{2}$ cup water
$\frac{3}{8}$ teaspoon cream of tartar	

Boil sugar and water until it hairs. Beat whites until stiff. Pour over sugar syrup. Beat well. Beat yolks until lemon coloured. Combine. Add lemon and vanilla flavouring. Bake about 45 minutes in tube pan in slow oven.

Mrs. E. H. Acton.

CHOCOLATE ROLL

4 eggs
2 tablespoons cocoa

$\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ teaspoon vanilla
Salt
1 cup cream

Separate eggs. Beat yolks with cocoa. Beat whites of eggs with sugar, vanilla and salt. Combine. Bake on buttered brown paper in pan. Oven 350 degrees. Remove from pan. Whip cream and spread on cake. Roll like jelly roll.

Mrs. Wm. Mueller.

ORANGE SPONGE CAKE

5 eggs
2 cups sugar
 $\frac{1}{2}$ cup water
Juice of one orange

Grated rind of an orange
2 cups flour
 $1\frac{1}{4}$ teaspoon baking powder

Separate eggs. Beat yolks well. Add sugar gradually and beat well. Add water and orange juice, and grated rind of orange. Add dry ingredients well sifted. Add whites of eggs beaten stiff. Bake for 40 minutes in oven at 375 degrees. This cake should not be eaten until the day after it is made.

Mrs. T. Cornelius.

JELLY ROLL

2 eggs
 $\frac{3}{4}$ cup sugar
1 cup less 2 tablespoons
pastry flour

$\frac{1}{4}$ teaspoon salt
4 tablespoons hot water
 $\frac{1}{2}$ teaspoon lemon flavouring
 $1\frac{1}{2}$ teaspoons baking powder

To the well beaten yolks add half the sugar and beat well. Then add the boiling water and the rest of the sugar and beat hard. Add flour sifted with dry ingredients, then fold in the stiffly beaten whites and pour into a shallow pan lined with buttered paper. Bake in 350 degrees oven until straw coloured and then turn out on a damp cloth. Cut off edges. Spread with jelly and roll as quickly as possible.

Mrs. D. M. Fraser.

ORANGE SPONGE CAKE

Yolks of six eggs
1 cup sugar
1 tablespoon lemon juice
Whites of six eggs

1 cup flour
 $\frac{1}{4}$ teaspoon salt
Grated rind of $\frac{1}{2}$ lemon

Beat yolks until thick and lemon coloured, add sugar gradually and continue beating, using egg beater. Add lemon juice, rind and whites of eggs beaten until stiff and dry. When whites are *partially mixed* with yolks remove beater and carefully cut and

fold in flour mixed and sifted three times with salt. Bake one hour in a slow oven (begin at 350 degrees then reduce heat for last half hour of baking) in an angel cake pan. When done, invert pan on cake cooler and allow the cake to cool in the inverted pan. Frost *thinly* with orange butter frosting.

Mrs. George Balko.

SPONGE CAKE

4 eggs	$\frac{1}{4}$ teaspoon salt
1 cup sugar	4 tablespoons cold water
1 cup Swansdown flour	1 teaspoon of any preferred
$1\frac{1}{2}$ teaspoons baking powder	extract

Beat the yolks of the eggs until they are thick. Add sugar slowly. Beat until sugar is well dissolved. Then add cold water and flavouring. Sift flour, baking powder and salt together three times. Add to mixture. When thoroughly mixed, fold in the well beaten whites of four eggs. Put in ungreased tube pan and bake in very slow oven.

Mrs. W. C. Bean.

HOT WATER SPONGE CAKE

3 eggs	$\frac{1}{8}$ teaspoon salt
1 cup sugar	10 teaspoons boiling water
1 cup flour	$\frac{1}{2}$ teaspoon vanilla extract
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon almond extract

Separate the eggs; beat whites stiff. Add yolks, continue beating, add the sugar gradually, then the flour (sifted five times) with baking powder and salt. Add boiling water and extract. Bake in angel cake pan at 350 degrees, lowered to 300 degrees for 45 minutes.

Mrs. G. Benson.

DELICIOUS SPONGE CAKE

3 eggs	$1\frac{1}{4}$ cups flour
1 cup sugar	$\frac{1}{2}$ teaspoon baking powder
1 large tablespoon cold water	(level)

Beat eggs until thick and lemon coloured, add sugar gradually and beat again thoroughly. Sift baking powder with flour. Stir in cold water and lightly mix in the flour. Flavour with a few drops lemon essence. Butter pan liberally and dust with as much granulated sugar as will adhere to the buttered surface. Bake in medium oven from 25 to 35 minutes. Standing pan on an asbestos mat or heavy pie plate. Put brown paper around outside of tin having the paper higher than the pan the cake is in. This is to keep cake from burning and helps it to brown nicely.

Mrs. L. H. Roberts.

JELLY ROLL

3 eggs well beaten
 $\frac{3}{4}$ cup sugar
 2 tablespoon water
 $\frac{3}{4}$ cup flour

$1\frac{1}{2}$ teaspoons baking powder
 1 teaspoon vanilla
 $\frac{1}{8}$ teaspoon salt

Beat eggs well to which water has been added. Add remaining ingredients and bake in pan lined with buttered brown paper. When cooked invert on damp cloth, cut sides, spread jelly and roll.

Mrs. H. F. Cook.

ANGEL CAKE

$1\frac{1}{2}$ cups egg whites
 $1\frac{1}{4}$ cups sugar
 1 cup flour

$1\frac{1}{2}$ teaspoons cream of tartar
 $2\frac{1}{4}$ tablespoons cold water
 1 teaspoon flavouring

Beat eggs (to which cream of tartar, salt and water have been added) until stiff but not dry. Add 1 cup sugar gradually. Sift remaining $\frac{1}{2}$ cup sugar with flour four times. Bake one hour in very slow oven.

Mrs. R. H. MacDonald.

SPONGE JELLY ROLL

3 eggs
 1 cup granulated sugar
 $\frac{1}{4}$ cup cold water
 1 cup pastry flour

1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
 2 teaspoons hot melted butter
 1 teaspoon lemon extract

Sift dry ingredients together three times, add to well beaten eggs and sugar. Add remaining ingredients. Fold in flour. Bake in moderate oven. Use any jelly or filling and roll while warm.

Mrs. D. L. Macdonald.

ALMOND AND WHIPPED CREAM CAKE

6 eggs
 $\frac{1}{2}$ lb icing sugar

$\frac{1}{2}$ lb almonds put through food
 chopper, leave brown skins on

Beat eggs, add sugar gradually, then add nuts and beat for 30 minutes if using hand beater, and 15 minutes if electric beater. Put into well buttered and floured layer cake pans and bake in slow oven 45 minutes. Cool and spread $\frac{1}{2}$ pint whipped cream flavoured with almond essence, between layers and on top of cake. This also makes a lovely dessert.

Mrs. L. H. Roberts.

WHIPPED CREAM CAKE

2 eggs beaten separately	1 teaspoon cream of tartar
Combine and beat	$\frac{1}{2}$ teaspoon soda
Add:	$\frac{1}{2}$ teaspoon salt
1 cup sugar and beat well	Add:
1 cup sweet cream beaten stiff	1 teaspoon vanilla
$1\frac{1}{2}$ cups Swansdown Flour	

Beat eggs separately, combine and beat, add sugar and beat well. Add sweet cream beaten stiff. The dry ingredients which have been sifted together four times. Add vanilla. Bake in greased cake pan in moderate oven.

Mrs. R. H. MacDonald.

FRUIT AND SPICE CAKES

FRUIT CAKE

12 eggs	$1\frac{1}{2}$ lbs flour
$1\frac{1}{2}$ lbs butter	1 tablespoon baking powder
$1\frac{1}{2}$ lbs brown sugar	$\frac{1}{2}$ cup molasses
1 lb sultana raisins	2 teaspoons cinnamon
3 lbs currants	1 teaspoon allspice
7 oz. citron peel	$\frac{1}{2}$ teaspoon cloves
7 oz. lemon and orange peel (mixed)	1 grated nutmeg
1 lb seeded raisins	$\frac{1}{2}$ teaspoon salt

Cream butter with sugar then add eggs well beaten and mix in order given. Bake in slow oven 1 hour after steaming two hours.

Miss Vida McDougall.

MADISON CAKE

$\frac{3}{4}$ lb butter	$\frac{3}{4}$ lb raisins
$1\frac{1}{2}$ lbs sugar	$\frac{1}{2}$ lb citron
5 eggs	1 teaspoon soda
1 pint sour cream	1 teaspoon nutmeg
$1\frac{3}{4}$ lbs flour	

Cream butter with sugar add well beaten eggs. Dissolve soda in a little sour cream. Sift dry ingredients and mix well with remaining sour cream. Bake three hours in slow oven.

Mrs. H. R. Cornelius.

CHRISTMAS CHERRY CAKE (Excellent)

1 small cup white sugar	1 slightly rounded teaspoon baking powder
$\frac{1}{4}$ lb butter	$\frac{1}{2}$ cup or more candied cherries (halved)
3 eggs	
2 cups flour	
Juice and rind of 2 lemons	

Cream butter and sugar, drop each egg in separately. Beat well after each addition. Sift dry ingredients well. Add with re-

maining ingredients. The batter will be very stiff. Spread with knife in buttered pan. Bake in slow oven for an hour.

Mrs. R. H. Ferguson.

TOMATO SOUP CAKE

- | | |
|--------------------------|-----------------------------------|
| 2 tablespoons butter | 2 teaspoons cinnamon |
| 1 egg | $\frac{1}{8}$ teaspoon salt |
| 1 cup sugar | 1 cup bread flour |
| 1 can tomato soup | 1 cup stoned dates |
| 1 teaspoon baking powder | 1 cup raisins |
| 1 teaspoon soda | $\frac{1}{4}$ cup chopped walnuts |
| 1 teaspoon cloves | |

Cream butter with sugar add egg well beaten. Sift dry ingredients well. Flour fruit. Add in order given. Bake in moderate oven.

Mrs. F. C. Barlow.

PEPPER CAKE

- | | |
|-------------------------------|-------------------------------|
| 2 eggs | 1 cup raisins |
| 1 cup of molasses | 2 teaspoons cinnamon |
| $\frac{2}{3}$ cup sour cream | $\frac{1}{2}$ teaspoon nutmeg |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{4}$ teaspoon pepper |
| $\frac{3}{4}$ cup butter | 2 cups flour |
| | 1 teaspoon baking powder |

Cream butter with butter and eggs well beaten. Flour raisins. Add remaining ingredients with flour which has been sifted well. Bake in two layers and ice with boiled icing.

Ione Hay.

SOUR CREAM CAKE

- | | |
|---------------------------|--------------------------------------|
| 2 eggs | 1 teaspoon soda |
| 1 cup sugar | $\frac{1}{4}$ teaspoon ground cloves |
| 1 cup rich sour cream | 1 cup raisins |
| $1\frac{1}{2}$ cups flour | |

Beat eggs well add sugar and cream. Sift dry ingredients three times. Flour raisins. Beat carefully for a few minutes. Bake slowly for an hour.

Mrs. H. F. Cook.

NUT CAKE

- | | |
|------------------------------|--|
| $\frac{1}{2}$ cup butter | $1\frac{1}{2}$ cups flour |
| 1 cup sugar | $1\frac{1}{2}$ teaspoons baking powder |
| 2 eggs | $\frac{3}{4}$ cup walnuts |
| $\frac{1}{2}$ cup cold water | |

Cream butter and sugar together, add well beaten eggs. Sift dry ingredients three times and add alternately with cold water. Bake $\frac{1}{2}$ hour at 350 degrees.

Mrs. F. H. Lawrence.

FRUIT CAKE

1 cup butter	1 tablespoon brandy
2 cups sugar	1 cup raisins
1 cup warm milk	1 cup currants
4 eggs	$\frac{1}{2}$ lb mixed peel
$1\frac{1}{2}$ teaspoons baking powder	1 small bottle Maraschino cherries
1 teaspoon vanilla	3 cups flour

Cream butter with sugar. Add yolks well beaten. Sift dry ingredients three times. Flour fruit, add whites of eggs well beaten. Add ingredients. Bake in slow oven $1\frac{1}{2}$ hours.

Mrs. Sydney Williams.

PLUM CAKE

6 eggs	1 cup flour (for flouring fruit)
$\frac{1}{2}$ lb brown sugar	1 lb seeded raisins
$\frac{1}{2}$ lb butter	1 lb seedless raisins
$\frac{1}{4}$ cup molasses	1 lb sultanas
$\frac{1}{2}$ teaspoon soda dissolved in hot water	$\frac{1}{2}$ lb almonds
$\frac{1}{2}$ lb flour	$\frac{1}{2}$ lb cherries
1 wineglass brandy or grape juice	$\frac{1}{2}$ teaspoon cinnamon, cloves and nutmeg
	$\frac{1}{2}$ teaspoon salt

Cream butter, add sugar and beat well. Separate yolks from whites. Add yolks well beaten. Sift dry ingredients well. Flour fruit with 1 cup flour. Add remaining ingredients. Bake in slow oven 250 degrees three to four hours.

Mrs. C. Weddell.

LIGHT FRUIT CAKE

$\frac{1}{2}$ lb butter	1 lb sultana raisins
1 cup sugar	1 teaspoon vanilla
3 eggs	$\frac{1}{2}$ lb citron peel
$\frac{1}{2}$ cup warm water or milk	1 teaspoon baking powder
1 cup maraschino cherries	$2\frac{1}{4}$ cups flour

Cream butter and sugar, add eggs well beaten. Sift dry ingredients three times. Flour fruit. Add remaining ingredients. Bake about two hours in a slow oven.

Mrs. M. S. Campbell.

WHITE FRUIT CAKE

$\frac{1}{2}$ lb butter	$\frac{1}{2}$ lb currants
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ lb raisins
3 eggs	$\frac{1}{4}$ lb mixed peel
1 lb flour	$\frac{1}{2}$ lb chopped almond
2 teaspoons baking powder	1 teaspoon vanilla
1 cup milk	

Mix flour and butter with hands as for pastry and add all the fruit (previously floured). Lastly add eggs and milk. Bake in slow oven for one hour.

Mrs. Raymond Wilson.

SPICE CAKE

$\frac{3}{4}$ cup butter
1 cup sugar

2 cups flour

Rub to crumbs. Take out 1 cup of crumbs.

1 teaspoon soda dissolved in
1 cup sour milk
1 egg

1 teaspoon cloves
1 teaspoon cinnamon
1 cup raisins
1 cup nuts

Beat egg and milk and dry ingredients sifted three times and remainder of first mixture. Bake in square buttered pan 8" by 6" and then sprinkle the cup of crumb mixture on top just before putting into oven. Bake in moderate oven.

Mrs. C. B. Bradley.

ORANGE CAKE

$\frac{1}{2}$ cup butter
1 cup sugar
1 cup sour milk
 $\frac{1}{2}$ teaspoon soda
1 teaspoon baking powder
1 cup dates

1 cup raisins
1 cup walnuts
1 egg
2 cups flour
Grated rind of 1 orange

Cream butter and sugar. Add beaten egg. Flour fruit. Dissolve soda in sour milk. Sift dry ingredients three times and add with remaining ingredients. Bake 55 minutes. Juice of one orange for frosting plus $\frac{1}{2}$ cup sugar (granulated). Pour on as soon as removed from oven. This cake much better the second day.

Mrs. O. C. Weary.

IT IS A PORK CAKE OR FRUIT CAKE

1 lb fat salt pork chopped fine
(no meat)
 $1\frac{1}{2}$ pint boiling water poured on it
When cool add:
1 cup cooking molasses
2 cups brown sugar
2 cups raisins
2 cups currants
1 cup chopped walnut meats

1 lb mixed peel (orange,
lemon and citron)
 $6\frac{1}{2}$ cups Five Roses Flour
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves
1 teaspoon nutmeg
1 heaping tablespoon baking
soda

Mix in order given. Flour fruit. Sift dry ingredients three times. Makes two large cakes. Bake in slow oven 250 degrees three to four hours.

Mrs. C. R. Lindsey.

SPICE CAKE

- | | |
|--------------------|----------------------------|
| ½ cup shortening | 1 teaspoon soda |
| 2 cups brown sugar | ¾ teaspoon cream of tartar |
| 3 eggs | 2 teaspoons cinnamon |
| 1 cup sour milk | 1 teaspoon cloves |
| 2 cups flour | 1 teaspoon nutmeg |
| ½ teaspoon salt | |

Cream shortening, add sugar and eggs well beaten. Sift dry ingredients together three times. Bake in large buttered pan, in moderate oven.

Miss Effie Bothwell.

PEEL CAKE

- | | |
|---------------------------------|-----------------------------|
| ½ cup butter | 1 cup peel cut fine |
| 1 cup sugar | ½ cup white sultana raisins |
| 2 eggs | 1 teaspoon vanilla |
| ¾ cup milk | Little grated rind of lemon |
| 2 cups flour | |
| 1 teaspoon baking powder, large | |
- Mix in order given. Bake in slow oven 1 hour.

Mrs. C. R. Wark.

LUNCH CAKE

- | | |
|--|------------------------|
| 2 cups butter (one of lard if preferred) | 7½ cups flour |
| 3 eggs | 1 lb raisins |
| 1 pint milk | 2 lbs currants |
| 3 teaspoons baking powder | ¼ lb peel |
| 3 cups brown sugar | 2 teaspoons flavouring |

Mix in order given. Flour fruit. Sift dry ingredients three times. Bake in bread pans for three hours. This makes three loaf cakes and is really a white fruit cake and will keep indefinitely. Line pans with buttered brown paper.

Mrs. H. F. Cook.

PORK CAKE

- | | |
|-------------------------|-----------------------|
| 1 lb fat salt pork | 4 cups brown sugar |
| 1 lb raisins | 1 tablespoon soda |
| ½ lb citron or currants | 1 tablespoon cinnamon |
| 5 cups flour | 1 pint strong coffee |

The fat salt pork to be weighed and chopped fine. Then pour over this the hot boiling coffee. Simmer a few minutes before adding any of the other ingredients. Remove from heat. Cool. Add floured and cut fruit. Bake three hours in pan lined with buttered brown paper. Cover top with paper (loosely).

Mrs. H. E. Shirt.

CHRISTMAS CAKE

1 lb butter	1 lb sultanas
1 lb sugar	2 lbs citron peel
1 lb flour	1 cup molasses
3 lbs black raisins	1 bottle cherries
1 lb currants	1 lb dates
1 small glass grape or currant jelly	1 teaspoon ginger
9 eggs	2 teaspoons cinnamon
1 teaspoon soda dissolved in	1 teaspoon cloves
1/2 cup of water	1 teaspoon nutmeg
	2 teaspoons salt
	1 cup grape juice

Cream butter and sugar, add beaten eggs, molasses, salt, spices and half of flour. Sift remainder over fruit which has been prepared and soaked in grape juice. Add a little at a time to batter, lastly add soda. Cook for four and half hours in pans lined with paper. Place pan of water in oven. Slow oven.

Mrs. Harold Andrews.

ROYAL COFFEE SPICE CAKE

1/2 cup butter	2 cups flour
1 cup sugar	1 1/2 teaspoons baking powder
2 eggs	2 teaspoons mixed spices
1/2 cup strong coffee	

Cream butter and sugar, add yolks of eggs well beaten. Then coffee. Sift dry ingredients three times. Add whites of eggs beaten stiff. Bake in layers in a moderate oven. 20 to 30 minutes.

Mrs. Latremouille.

WHITE FRUIT CAKE

2 cups white sugar	1 teaspoon cream of tartar
3/4 lb butter	1/2 lb blanched almonds
6 eggs	1/2 lb citron
3/4 cup milk	1 1/2 lb sultanas
1/2 teaspoon soda,	1 teaspoon each of vanilla,
4 cups flour	lemon and almond extracts
1 teaspoon baking powder	

Cream butter and sugar. Add eggs well beaten. Sift dry ingredients three times add alternately with other ingredients. Flour fruit. Bake two or three hours in slow oven.

Mrs. P. Radley.

SOMERSET HOT CAKE

1 lb apples	1/2 lb shortening
1 egg	1 cup brown sugar
2 oz. sultanas	1/2 cup milk (sour, if possible)
1 cup golden syrup	1 teaspoon cinnamon
1 teaspoon soda	1/8 teaspoon nutmeg
15 oz. flour	1 teaspoon salt

First peel and core the apples. Stew in golden syrup until tender. Rub shortening into flour, adding sultanas, sugar, salt and

spices. Mix well. Beat egg, add milk and soda, add above ingredients, and finally apples and syrup. Bake in buttered pan in hot oven for 40 minutes. Can be eaten either hot or cold. Mrs. T. Barelay.

WHITE FRUIT CAKE

1 cup white sugar	1 slice crystallized red
1 cup butter	pineapple
5 eggs	5 oz. ground sweet almonds
Juice of one orange	$\frac{3}{4}$ cup sultana raisins
12 crystallized cherries	2 cups all purpose flour
$1\frac{1}{2}$ slices crystallized green	$\frac{1}{2}$ teaspoon baking powder
pineapple	

Cream sugar and butter well, add eggs well beaten, juice of orange. Cut cherries and pineapple in small pieces. Sift and measure flour, add $\frac{1}{2}$ teaspoon baking powder, add to above mixture. Pour into well buttered and floured loaf pan and bake in oven 290 degrees one hour, have brown paper over top of cake for this hour, remove paper and bake cake $\frac{1}{2}$ hour longer, test to see if cooked. Elements in different stoves vary, so bake cake in low oven

Mrs. L. H. Roberts.

SPICE CAKE

1 cup sugar	1 teaspoon cinnamon
$\frac{1}{2}$ cup butter	1 teaspoon nutmeg
1 tablespoon molasses	$\frac{1}{2}$ teaspoon cloves
2 eggs	$1\frac{1}{2}$ cups flour
1 cup sour milk	1 cup raisins
1 teaspoon soda	

Cream butter and sugar well. Add well beaten eggs and molasses. Soda dissolved in sour milk. Sift dry ingredients together three times. Add alternately with milk. Flour raisins and add. Bake in moderate oven 45 minutes.

Mrs. H. S. Reid.

FRUIT CAKE

2 lbs raisins	12 eggs
2 lbs currants	$\frac{1}{2}$ cup wine
1 lb almond blanched and split	$\frac{1}{2}$ cup brandy
$\frac{1}{2}$ lb citron	2 teaspoons cinnamon
$\frac{1}{4}$ lb lemon peel	2 teaspoons cloves
$\frac{1}{4}$ lb orange peel	2 teaspoons allspice
1 lb sugar	2 teaspoons mace or nutmeg
1 lb butter	1 scant teaspoon baking powder
1 lb flour	

Steam three hours and bake one hour in very slow oven. Cream butter and sugar add eggs beaten until light, add spices, liquids and flour (sifted with baking powder). Add fruit. Pour into pans lined with wax paper or without. Cover with wax paper and then heavy brown paper tied down securely. Remove paper before baking.

Mrs. R. H. MacDonald.

FRUIT CAKE

$\frac{1}{2}$ lb flour	$\frac{1}{4}$ lb almonds
$\frac{1}{2}$ lb butter	2 oz. walnuts
$\frac{1}{2}$ lb sugar	6 eggs
$\frac{1}{2}$ lb seedless raisins	1 teaspoon almond essence
$\frac{1}{2}$ lb currants	1 teaspoon mixed spice
$\frac{1}{4}$ lb citron	1 teaspoon soda
2 slices pineapple	$\frac{1}{2}$ cup orange juice
$\frac{1}{4}$ lb cherries	$\frac{1}{2}$ teaspoon salt

Cream butter and sugar thoroughly and eggs well beaten. Brown flour slightly in oven. Slice citron and pineapple, halve the cherries, almonds blanched and cut in halves, and chop walnuts. Add remaining ingredients the orange juice last. Line large pan with several thickness of buttered paper. Put cake mixture evenly in pan. Oven 350 for $\frac{1}{2}$ hour; 300 for one hour, 250 to finish. Requires approximately three to three and half hours baking.

Mrs. G. Claxton.

WHITE FRUIT CAKE

1 lb flour	3 tablespoons milk
1 lb white sugar	2 teaspoons baking powder
1 lb butter	Juice and rind of an orange
1 lb sultanas	2 tablespoons brandy
$\frac{1}{2}$ lb almonds	1 lb dates
$\frac{1}{2}$ lb citron	$\frac{1}{2}$ lb cherries glacé
8 eggs	$\frac{1}{2}$ lb cocoanut

Cream butter well adding sugar gradually. Blanche almonds, shredding them. Flour all fruit. Add one egg at a time beating well after each addition. Combine remaining ingredients, sifting dry ingredients together. Line pans with brown buttered paper. Bake in slow oven three to four hours.

Flo Quilliams Hebert.

DIRECTIONS FOR STEAMING FRUIT CAKE

In steaming fruit cake, cover with wax paper, then with heavy brown paper tied down securely. Remove papers before baking in slow oven. *Note—Keep water boiling.*

Mrs. R. H. MacDonald.

HOUSEHOLD HINTS

Cornstarch should be kept tightly covered. It is preferable to empty contents in glass jar with a cover that fits tightly. Many cooks have failures in using cornstarch according to quantity given in recipe and it has been found that it is very often due to cornstarch not being kept tightly covered.

Beef suet rendered and strained and used with butter makes cookies very superior in taste.

In cleaning silver, add amonia to silver powder instead of water.

To clean windows, add about $\frac{1}{2}$ cup kerosene to the water. It keeps the flies away, also makes them brighter.

To make potatoes chips crisp: After cutting the potatoes, washing and drying them, dust with flour, and fry in deep fat.

To make a good silver cleaning paste:

1 cake Surprise soap (shaved fine)

1 cup water (lukewarm)

3 lbs whiting.

Mix all together and put in glass jars. Will keep.

TWENTY USES FOR THE LEMON

Two or three slices of lemon in a cup of hot, strong tea will cure a nervous headache.

A teaspoonful of lemon juice in a cup of black coffee will relieve a bilious headache.

The juice of half a lemon in a cup of water on awakening is an excellent liver corrective.

A dash of lemon juice in plain water makes a cleansing tooth wash, not only removing tartar, but sweetening breath.

A lotion of lemon juice and rose water will remove tan and whiten the skin.

An old fashioned remedy for croup is lemon juice, honey and alum.

After the juice is extracted, the rind dipped in salt, it cleanses brass beautifully and conveniently.

It also removes unsightly stains from the hands.

Tea is greatly improved by the addition of a slice of lemon, either iced for summer's use, or as Russian tea on a Winter's day.

To have clothes beautifully white slice an unpeeled lemon in the water when boiling.

Lemon juice and loaf sugar are good for hoarseness.

Lemon juice with olive oil is considered far superior to vinegar for salad dressing.

Outward application of the juice allays irritation caused by insect bites.

A refreshing drink is made by adding a freshly beaten egg to lemonade, and the same mixture when frozen, makes a delicious drink.

If when boiling sago or rice, a teaspoonful of lemon juice is added, the kernels will be whiter and of a more delicate flavour.

We all know the value of lemon juice and salt for removing rust stains from white goods.

Tough meat may be made tender by adding a teaspoon of lemon juice to the water in which it is boiled.

A lemon rinse after the shampoo removes soap residue and gives the hair a delightful sheen.

For flavouring cookery lemon juice is unexcelled.

Slices of lemon garnish fish of all descriptions.

Hints on Waterless Cooking

If you have had food, especially vegetables, cooked by the "waterless" method, no doubt you were favourably impressed by the fine flavour and appetizing colour of the food thus prepared.

There are a number of these utensils on the market. In choosing your cookers just be sure that they are made of the specially heavy cast or pressed aluminum suitable for this purpose — and that they are the size best suited to the needs of your family.

Two things are important; fill the cooker as full as possible, to create more steam, and a well-fitting cover to conserve it. Thus you retain all the natural flavour of food.

Prepare vegetables as usual; turn heat high and leave until steam fills the vessel, or when a drop of water on cover evaporates at once, then turn heat low and finish cooking until tender.

When one is first experimenting with this method of cooking, it is advisable to use a tablespoon or two of water to prevent burning of food, as it takes a little experience to know just when to turn the heat down to low.

Green leafy vegetables, such as spinach, are easily cooked waterless; drain after washing and pack tightly in cooker.

Carrots are particularly good cooked this way, also cabbage, cauliflower, beets, etc. Place a few leaves of the vegetable, or lettuce leaves in the bottom of cooker — and then fill with vegetables, cover tightly. For fresh green peas, cover the bottom of the cooker with pods. Cook Hubbard squash with rind and remove after. Onions slice or cook whole. Potatoes cooked in their jackets and then put through the special vegetable ricer, sold with the waterless aluminum, gives this much-abused vegetable a new flavour.

Meats and fowls may be roasted on top of stove. First pre-heat cooker, test heat with a piece of butter, when brown, put in

meat turning often and braising on all sides. Keep cooker uncovered during braising, then cover tightly and cook until tender.

A little experience will convince you that the less you remove covers during cooking the better — thus you conserve steam and juices.

Apple sauce is delicious made by this method. Wash apples well, quarter them, pack in cooker and cook until tender, remove from fire and put through vegetable ricer. The skins and seeds, etc. will remain in ricer; and the apple sauce will have a delicious flavour and colour. Sweeten to taste.

You will remark no doubt, that no mention has been made of seasoning. This is often left to the individual at the table, as foods cooked by this method retain their natural mineral salts and flavour and seem to require very little added seasoning. This is of course a matter of individual taste.

Mrs. A. R. Meldrum.

Luncheons and Supper Dishes

ENGLISH MONKEY (Luncheon Dish)

- | | |
|-----------------------------|-------------------------------|
| 1 cup stale crumbs | $\frac{1}{2}$ cup mild cheese |
| 1 cup milk | (cut in small cubes) |
| 1 tablespoon butter | 1 egg |
| $\frac{1}{2}$ teaspoon salt | |
| a little cayenne | |

Soak bread crumbs fifteen minutes, melt butter in milk, add cheese and when cheese has melted, add soaked bread crumbs and egg slightly beaten. Add seasoning, cook two minutes and pour over toasted squares of bread.

Mrs. H. F. Cook.

LUMBERJACK MACARONI

- | | |
|---|--|
| $\frac{1}{2}$ lb macaroni (2 cups uncooked) | 2 cups grated cheese |
| 3 quarts boiling water | $\frac{1}{2}$ cup Worcestershire Sauce |
| 1 tablespoon salt | $\frac{1}{4}$ cup Chili Sauce |
| | $\frac{3}{4}$ cup melted butter |

Cook macaroni until tender in boiling water to which salt has been added. Drain well. Have large platter very hot. Spread the cooked macaroni on the platter, sprinkle with cheese, Worcestershire sauce and Chili sauce. Pour hot melted butter over all. Mix with two forks until sauce is creamy. Serve at once.

Mrs. W. C. Bean

ROMAN HOLIDAY

- | | |
|---------------------------------|-------------------------------------|
| $\frac{1}{4}$ cup Crisco | 1 lb hamburger |
| 1 onion chopped | 1 teaspoon salt |
| $\frac{3}{4}$ cup grated cheese | $\frac{1}{8}$ teaspoon pepper |
| 2 cups cooked spaghetti | $1\frac{1}{2}$ cups canned tomatoes |

Fry onions in Crisco. Add meat and seasonings. Cook 5 minutes. Make a layer of spaghetti in baking dish. Add meat mixture and drippings. Then add another layer of spaghetti. Pour in tomatoes. Sprinkle with grated cheese. Cover dish. Bake in moderate oven (350 degrees F.) 35 min. Remove cover. Bake 10 minutes longer.

A Friend.

ONIONS AND KIDNEY

Boil as many Spanish onions as you require, take out the centers. Fill with chopped lamb kidneys, add pepper and salt. Replace the onion top. Dust with flour and dot with butter. Bake in pyrex dish until cooked.

Mrs. Wm. Dawbarn.

GOULASH

- | | |
|---|----------------------------|
| $\frac{1}{2}$ lb lean minced beef or pork | $\frac{1}{2}$ green pepper |
| 1 can red kidney beans | 1 medium sized onion |
| 1 can tomato soup | |

Remove seeds from pepper, mince with onion and fry in butter. Add minced meat and fry until brown. Add beans and tomato soup. Season to taste. This serves eight people.

Mrs. Thibault.

SALMON LOAF

- | | |
|---|---|
| 1 can salmon (or 1 lb cold flaked salmon) | Cracker crumbs to stiffen or bread crumbs |
| 1 egg (beaten) | 1 tablespoon butter |
| 3 tablespoons milk | Pepper and salt |

Mix all well and form into a loaf in baking pan. Cover with buttered crumbs. Bake until golden brown. Can be used hot or cold. If cold, serve on lettuce with mayonnaise dressing.

Mrs. C. R. Wark.

CORN AND BACON

- | | |
|---------------|---------------------|
| 1 can corn | Seasonings to taste |
| 2 eggs beaten | |

Put corn in buttered casserole add eggs well beaten, also seasonings. Cover the mixture with slices of bacon. Cook in moderate oven until bacon is done and whole is heated through.

Miss Florence M. Murray.

CALIFORNIA CHICKEN

1½ cups carrots diced	2 cups milk
1½ cups potatoes diced	4 tablespoonsful butter
½ cup onions chopped	4 tablespoonsful flour
1 cup canned peas	1 teaspoon salt
1 medium can tuna fish	

Boil carrots and onions together in small amount of water. After 15 minutes add potatoes and cook until tender. Make a white sauce of the butter, flour, milk and salt. Add peas to the other vegetables. Break tuna fish into pieces not too small. In buttered casserole put layer of vegetables, the white sauce and tuna fish until all is used. Cover with buttered cracker crumbs and cook until crumbs brown.

Mrs. W. C. Bean

FISH CHOWDER

¼ lb salt pork diced	1 pint of milk
½ lb fresh filet of fish	1 egg
1 carrot	A few drops of Lea & Perrin
1 potato	sauce
1 onion	

Render salt pork (cut in thin slices) and remove solid part. Add vegetables, cut in cubes with water enough to cover. When cooked add fish and let simmer until well done. Add milk and when it comes to a boil remove from fire and add beaten egg in which a little milk has been added. L. & P. sauce and seasonings last.

Mrs. J. Telesphore Martin.

POTATO AND MEAT PIE

Potatoes	Seasonings to taste
2 lbs minced beef, Hamburger	

Put layer of raw potatoes sliced thin in a deep dish, then layer of raw beef with seasonings. Continue until dish is full then pour sufficient water to cover. After first hour of baking make a good crust and cover. Bake in hot oven.

Mrs. R. E. Allen.

MACARONI AND CHEESE CROQUETTES

2½ tablespoons butter	¼ teaspoon salt
⅓ cup flour	¾ package cream cheese or
1 cup milk	grated strong cheese
½ cup macaroni	Few grains cayenne

Make cream sauce add cheese and stir until well blended. Cook macaroni until tender. Drain. Add to the cheese sauce and let stand until cold. Form into balls or cutlets, roll in breadcrumbs, then egg and breadcrumbs, and fry in deep fat to a golden brown.

Mrs. M. E. Fielderr.

SALMON CROQUETTES

- | | |
|-----------------------------------|-------------------------|
| 1 can salmon | 2 onions |
| 2 teacupfuls cold boiled potatoes | 2 eggs |
| 1 cup bread crumbs | 1 teacup vinegar |
| $\frac{1}{4}$ teaspoon mustard | Cayenne pepper to taste |

Toast the bread until bone dry and roll very fine. Mince onion fine, add salmon flaked in small pieces, seasonings to taste. Egg well beaten. Potatoes well mashed. Add vinegar. Form into croquettes, roll in egg and crumbs and fry in deep fat.

Mrs. H. Shirt.

SAVOURY HEDGEHOGS

- | | |
|-------------------------------|------------------------|
| 1 lb steak | 1 onion |
| $\frac{1}{4}$ lb ham | 1 egg |
| 2 thick slices of white bread | $\frac{1}{2}$ cup rice |
| Worcester Sauce | Seasonings to taste |

Soak bread in cold water (remove crusts). Drain off water. Mash with fork add to minced meat with minced onion. Beat egg well. Form mixture into croquettes, roll in egg and in washed rice. Put in Pyrex casserole with half a can of Heinz Tomato Soup. After one hour in a slow oven, add rest of soup and cook $\frac{3}{4}$ hour more. Serve with peas.

Mrs. F. W. Skirrow.

STEAK CASSEROLE

- | | |
|------------------------|----------------|
| 2 lbs raw minced steak | Cracker crumbs |
| 1 can corn | Butter |
| 1 can tomato soup | Seasonings |

Place steak in casserole, add seasonings. Pour over can of corn and then can of tomato soup. Cover with cracker crumbs and dots of butter. Bake in moderate oven about $\frac{3}{4}$ hour.

A Friend.

LIVER AND BACON

- | | |
|---|--------------------------|
| $1\frac{1}{2}$ lbs liver (calves or lamb) | $\frac{1}{2}$ lb onions |
| $\frac{1}{2}$ lb bacon or salt pork | Salt and pepper to taste |

Slice liver and pork or bacon in small pieces. Slice onion fine. Put alternate layers of each in deep pie-dish. Cover with cold water, bake in moderate oven $1\frac{1}{2}$ hours. When cooked, thicken well with a mixture of flour and water for gravy. Allow sufficient time for flour to cook. *N.B. Do not have oven very hot as dish dries out.*

Miss Florence Murray.

MEAT LOAF

- | | |
|-----------------------------|---------------------------|
| 1 lb hamburger steak | 2 handfuls of breadcrumbs |
| 1 lb sausage meat | 1 small can tomato juice |
| 2 well beaten eggs | Salt and pepper |
| 2 or 3 small onions chopped | |

Mix all well together. Place in greased loaf tin. Put strips of bacon or salt pork on top. Bake one hour in fairly hot oven. Pour off excess fat and serve hot or cold.

Mrs. W. C. Bean

SAUSAGE CASSEROLE

- | | |
|------------------------------------|----------------------------|
| 4 to 5 raw sausages | Biscuit dough |
| 2 large onions cut in small pieces | Mustard |
| | 1 can tomato soup or |
| | 1 can spaghetti and tomato |

Fry sausages and onions together. Butter casserole, add sausages and onions with dash of mustard for flavour. Pour over above, can of tomato soup or can of spaghetti and tomato. Dot top with spoonfuls of biscuit dough. Bake.

A Friend.

KIDNEYS ON TOAST

- | | |
|----------------|----------------------------|
| 4 lamb kidneys | Toast |
| 1 onion | ½ teaspoon Kitchen Bouquet |
| Parsley | Seasonings |

Soak kidneys in salted cold water for about two hours. (2 teaspoonfuls salt to 4 cups of water). Slice down through center. Remove membranes. Brown onion. Dice kidney, roll in flour, and brown with onion. Simmer on low heat and add a little water from time to time. Add Kitchen Bouquet and seasonings. Have sufficient gravy. Serve on points of toast. Garnish with parsley. Kidneys should not be allowed to simmer longer than 20 minutes.

Mrs. J. S. Whyte.

AMERICAN CHOP SUEY

- | | |
|----------------------------------|-----------------------|
| 1 lb hamburger steak | 1 cup cooked macaroni |
| 4 or 5 slices salt pork or bacon | 1 can tomatoes or |
| 2 onions | 1 can vegetable soup |

Render salt pork (cut in thin slices). Add minced onions. Brown well. Add hamburger steak, seasonings. Simmer in casserole about ½ hour. Serve with hot rolls.

A Friend.

Sixteen Suggestions for Cold Ham Plates, on page 42.

BEEF MOULD

1 lb shin of beef
1 pig's foot
1½ pints of water

2 hard boiled eggs
Mace, Cloves
Salt to taste.

Boil beef and pig's foot until quite tender when it can be beaten up with a fork, then add the spices to the gravy and boil for twenty minutes. Line the mould with slices of egg, put in the meat and fill up the mould with strained gravy and leave until cold.

Mrs. Jack Andrews.

TOMATO AND EGG DISH

Large ripe tomatoes
Eggs, as many as required

3 slices of bacon
Seasonings

Remove top of each tomato with a sharp knife and scoop out the pulp carefully with a spoon. Season inside of tomato with salt and pepper. Arrange tomatoes in a well buttered oven proof dish. Break 1 egg carefully into each tomato and bake in a hot oven until eggs are set. Put the pulp in a small pan and cook with butter, seasonings and bacon minced in cubes for ten minutes. Pour over tomatoes before serving hot.

Mrs. A. C. Jenkinson.

HAM SOUTHERN STYLE

1 thick slice of ham
1 teaspoon mustard
¼ cup brown sugar

2 cups milk
Sweet potatoes (4 to 5)

Wipe ham. Spread the surface with mustard, and sugar. Place in buttered baking dish, add two cups milk and bake in moderate oven, about 1½ hours. Boil tomatoes, arrange in slices over the ham. Sprinkle with brown sugar, dot with butter, pepper and salt. Continue cooking until potatoes are glazed in appearance.

A Friend.

BOSTON BAKED BEANS

Pick over 1 quart Pea or Yellow eyed Beans

¾ lb fat pork
1 tablespoon salt
1 teaspoon mustard

3 tablespoons molasses
Onion
Boiling water

Soak beans overnight in cold water. In morning drain, cover with fresh water, cook until skins burst. Drain and put in pot. Add salt pork in one piece which has been cut through rind every half inch. Bury in beans leaving rind exposed. Add salt, mustard, molasses and boiling water to cover. Bake about eight hours. An onion put in bottom of pot is an improvement. Serve with Steam-ed Boston Brown Bread.

Mrs. R. H. MacDonald.

SPAGHETTI

- | | |
|------------------------|--------------------------------|
| 1 lb minced beef | 1 can mushrooms |
| 1 lb onions minced | 4 cloves garlic (if desired) |
| 1 tin tomato paste | 3 tablespoons olive oil or fat |
| 1 chopped green pepper | 1 box spaghetti |

Heat fat, brown the meat and onions. Add tomato paste and other ingredients. Enough water to simmer slowly for two hours. Cook the spaghetti about 45 minutes. Drain immediately, cover with the sauce and grated cheese. Serve very hot. Serve with Cole Slaw and French bread.

Mrs. R. Hirsch.

CHEESE SUPPER DISH (OR LUNCHEON)

- | | |
|----------------------|--------------------------|
| 3 tablespoons butter | 4 egg whites |
| 4 tablespoons flour | 1 teaspoon salt |
| 1 cup milk | 1 1/4 cups grated cheese |
| 4 egg yolks | |

Melt butter, add flour, add milk slowly. Cook until smooth. Then add egg yolks lightly beaten, salt and cheese. Set aside to cool. Then add whites of four eggs beaten stiff. Turn into buttered dish and bake 25 minutes in moderate oven.

Mrs. Annie R. Bulman.

CORN FRITTERS

- | | |
|--------------------------|-------------------|
| 1 cup corn | 2 teaspoons sugar |
| 1 cup flour | 2/3 cup sour milk |
| 1 teaspoon baking powder | (approximately) |
| 1/4 teaspoon soda | 1 egg |
| 1/4 teaspoon salt | |

Scrape either raw or cooked corn from cob, taking care to break up kernels so as to extract milk. Sift dry ingredients and add to scraped corn. Add milk. Quantity will depend on amount of milk in corn. Add well beaten egg. Fry in frying pan in fairly deep fat. When bubbling turn over and brown on other side. Serve HOT.

Mrs. E. R. Williams.

CORN CRUMBLE

- | | |
|-----------------------------|--------------------------|
| 2 cups soft bread crumbs | Seasonings to taste |
| 2 tablespoons melted butter | 3/4 cup thick sour cream |
| 1 can corn | |

Toss soft bread crumbs into melted butter. Allow to brown slightly. Season. Sprinkle a buttered casserole with crumbs, pour in a layer of corn, and build up ending with buttered crumbs. Pour in cream. Dot with butter. Place casserole in pan or hot water and bake in moderate oven.

Mrs. W. C. Bean

HAM TRIFLE

3 cups cold chopped ham	3 cups milks sauce
3 hard boiled eggs	1 teaspoon minced parsley
5 soda crackers	1 teaspoon mustard

Blend flour, butter and mustard in making milk sauce. Add minced ham, soda crackers and eggs cut into eighths. Pour in buttered casserole dish and bake in pan of warm water for half an hour in moderate oven.

M. A. B.

DIGESTIVE FRANKFURTERS

Wash frankfurters well. Have water in pot boiling. Add 3 tablespoons Cider Vinegar, bring water to boil. Add frankfurters slowly, keep water boiling. Boil until frankfurters split. Drain in colander. Place cover on colander and put colander over boiling water where the steam can keep frankfurters hot until served.

LAMB SOUFFLE

3 cups chopped cooked lamb	6 tablespoons butter
2 egg whites beaten stiff	6 tablespoons flour
1 teaspoon chopped onion	2 cups milk

Cook onion in butter, add flour, and the 2 cups of milk. Season highly. Add lamb and allow to cool before folding in egg whites. Put in greased baking dish and cook 350 degrees about $\frac{3}{4}$ hour, raising heat at end of baking time to brown top if necessary.

Mrs. W. I. Bishop.

Meats and Meat Loaves

BATTER AND DUMPLINGS

GALANTINE OF BEEF

$\frac{1}{2}$ lb cooked beef	$\frac{1}{2}$ pint water
2 slices fried bacon	1 oz. gelatine
1 teaspoon Bovril	1 pinch powdered herbs
2 thin slices brown bread	Pepper

Mince beef, bread and bacon. Dissolve gelatine in cold water, add other ingredients. Simmer five minutes, stirring well. Pour into a mold. Turn out following day. Serve on lettuce.

Mrs. Wm. Dawbarn.

BEEF ROLL (Prize winning recipe)

1 lb steak (beef)	2 oz. fat bacon
$\frac{1}{4}$ lb brown bread	$\frac{1}{4}$ teaspoon salt
1 teaspoon Bovril	$\frac{1}{2}$ teaspoon pepper
Dash of mace or nutmeg if desired	1 egg

Mince steak, bacon bread together. Put into bowl, add Bovril and other ingredients, bind with egg. Make into a roll. Wrap in floured cloth and steam $1\frac{1}{2}$ hours. Serve cold.

Mrs. Wm. Dawbarn.

STUFFED STEAK WITH SAUSAGE MEAT

1 lb steak	2 oz. dripping
$\frac{1}{2}$ lb sausage meat	

Have steak all in one piece. Pound. Place sausage meat over steak. Roll up and tie. Put in roasting pan, dust with flour, salt, pepper and dripping. Bake $\frac{3}{4}$ hour, basting often. Serve hot. Make gravy with Oxo.

Mrs. Wm. Dawbarn.

BAKED HAM (12 or 15 lb ham)

Soak ham in cold water 24 hours. Drain. Add fresh cold water to cover and

1 cup vinegar	1 teaspoon ground cloves
1 cup molasses	1 bunch herbs
1 lb brown sugar	(thyme, savory, etc.)
1 tablespoon mustard	1 onion
1 teaspoon red pepper	1 carrot

Simmer (not boil) until tender. Let cool in same water 24 hours, take out, skin, score fat and stick in whole cloves and pat in brown sugar. Brown in quick oven.

Mrs. Mary Meeum.

SAVORY VEAL CUTLET WITH VEGETABLES

3 medium onions	$\frac{3}{4}$ sour cream or
2 tablespoons fat	$\frac{3}{4}$ cup water
$2\frac{3}{4}$ lbs veal cutlets, about	1 tablespoon vinegar
$1\frac{1}{2}$ inches thick	6 medium potatoes
$\frac{1}{4}$ cup flour	2 bunches carrots
1 teaspoon salt, Paprika	

Slice onions and brown in fat — flour the cutlet and brown well with the onions. Season with salt and paprika and add sour cream. Place potatoes and carrots cut in eighths around and over meat. Cover closely and bake for two hours.

Mrs. R. H. MacDonald.

GARDEN ROAST

1½ lbs flank steak	1 bunch sliced carrots
2 tablespoons shortening	1½ teaspoon salt
6 medium potatoes	¼ teaspoon pepper
2 cups white onions	1 cup boiling water

Spread steak with bread stuffing. Roll and tie up and brown in shortening. Put into baking pan, season, add water. Cover and bake in slow oven one hour. Add vegetables before meat is finished cooking. Bake until all are tender. Uncover 10 minutes before serving to brown.

Stuffing :

Fry:

- 1 minced onion in
- 2 tablespoons shortening

Add :

- 2 cups soft bread crumbs
- 3 tablespoons warm water
- ½ teaspoon salt
- Dash of pepper and
- ¼ teaspoon thyme

Sweet red or green peppers may be placed on top of meat roll last ½ hour of cooking.

Mrs. R. H. Ferguson.

DRESSED PORK TENDERLOIN

Select two or three pork fillets according to size.

Bread dressing:

- Bread crumbs
- Butter

- Savoury
- Salt and pepper

Remove membrane from fillets. Lay them on the table as one end is smaller than the other. Arrange fillets so that a broad end of one is next to small end of the second. Sew them carefully together with cord, so as to have a flat piece of meat. Add seasonings to bread crumbs, add pieces of butter to hold it together. Place the dressing down middle of fillets and sew outer edges together to form a loaf. Dressing must be packed in tightly, so as to form a solid roll. Spread butter on top and sides of roll. Cover pan with brown paper and cook in medium oven until meat is tender. About one hour. This loaf cuts better cold.

Mrs. L. H. Roberts.

LIVER

Wash liver and slice, removing veins and membrane. Dip each slice in boiling water and put *at once* into frying pan in which there is hot melted butter or bacon fat. Cook about ten minutes.

If dried liver is not allowed,—prepare liver as method above. Brush with melted butter or cooking oil. Place under broiler and cook 10 to 15 minutes, turning slices over during cooking.

Courtesy Joyce Memorial Hospital.

CITY CHICKEN COUNTRY STYLE

2 lbs veal steak, $1\frac{1}{2}$ inches in thickness
 2 lbs pork steak, $1\frac{1}{2}$ inches in thickness
 1 egg. Bread crumbs. Seasonings. Skewers. Butter.

Cut meat into cubes. Alternate veal and pork on wooden skewers. Roll in egg, and dry bread crumbs. Brown in skillet (with butter) turning over each skewer to brown evenly. Place in roasting pan with a little water. Cover. Remove cover during last half hour of cooking to brown. Serve hot with gravy. Place vegetables around meat in platter. Oven 375 degrees.

Mrs. J. S. Whyte.

MEAT LOAF

$1\frac{1}{2}$ lbs chopped round steak	$1\frac{1}{4}$ teaspoons salt
$\frac{1}{4}$ lb chopped veal	$\frac{1}{4}$ teaspoon pepper
1 medium sized onion (minced)	1 egg
1 cup soft bread crumbs	

Mix all together and bake in greased pan for 45 minutes. A can of tomato soup poured over it while cooking greatly improves the flavour.

Mrs. H. S. Reid.

VICTORY MEAT LOAF

$1\frac{1}{2}$ lbs round steak	1 cup soft bread crumbs
$\frac{1}{4}$ lb veal	1 tablespoon minced parsley
$\frac{1}{4}$ lb fat salt pork	$1\frac{1}{4}$ teaspoon salt
1 medium sized onion	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ green pepper	$\frac{1}{4}$ teaspoon paprika
1 egg	

Put steak, veal and salt pork through the meat grinder together. Add other ingredients, and mix thoroughly. Form loaf. Place in greased pan and bake at 400 degrees F., for 45 minutes. Serve hot with gravy made from the juices in the pan. The loaf is equally delicious served cold.

Mrs. D. L. Macdonald.

BOILED HAM

Take off rind from leg of smoked ham. Rub with about one cup of brown sugar. Put in iron kettle with two cups cold water. let simmer slowly, about thirty minutes to the pound. When well done remove from water, stick with cloves and bake slowly one hour. Water must be added while boiling.

Mrs. H. F. Cook.

STUFFED PORK CHOPS

Select six pork chops cut $1\frac{1}{2}$ to 2 inches thick. From the side, cut a slit in the middle to form a pocket. Fill this with a bread dressing using the following proportions:

$1\frac{1}{2}$ cups soft bread crumbs	1 small onion chopped
$\frac{1}{2}$ cup chopped celery	2 tablespoons bacon fat
$\frac{1}{4}$ cup chopped olives	$\frac{1}{4}$ to $\frac{1}{2}$ cup water
1 teaspoon salt	Paprika
$\frac{1}{4}$ teaspoon pepper	

Lightly brown the onion in the bacon fat. Add to the bread crumbs celery, onions, olives, salt and pepper and paprika. Moisten with water and mix thoroughly. Skewer the chops with tooth picks after dressing has been placed in pockets. Salt and pepper the meat then brown it carefully on both sides. Cover and cook slowly until tender. Turn two or three times during the cooking (about one hour). Make a gravy of the fat in the pan allowing a half cup of water and 1 tablespoon of flour to each tablespoon of fat. Season with onion juice, Worcestershire sauce, salt and pepper.

Mrs. W. R. McConnell.

HUNGARIAN DISH

2 lbs leg pork	1 can tomatoes
2 large onions	Seasonings to taste
3 teaspoons paprika	

Mince onions thinly and fry until golden brown in fat or oil. Cut pork in cubes. Add to onions with other ingredients. Cover and cook slowly. This does not require to have any water added for first half hour, as the meat should cook in its own juice and the juice of the tomatoes. About every fifteen minutes add 2 tablespoons water until cooked. Before serving add 2 tablespoons of cream to the dish. Serve very hot with hot rice.

Mrs. Martha Dale Popham.

PORK CHOPS FLORENTINE

Dredge with flour and season with salt, pepper as many chops as you need to serve. Sear both sides of chops until browned, reduce heat and cook for 30 minutes. Arrange a layer of hot cooked spinach in a shallow baking dish and arrange the chops on it. Add 2 egg yolks beaten in to 2 cups medium white sauce, pour over the chops. Sprinkle with grated cheese and brown in oven.

Mrs. Martha Dale Popham.

PHILADELPHIA SCRAPPLE (Pork and Cornmeal)

2 lbs cooked pork	1 tablespoon salt "
½ lb cooked liver	½ teaspoon pepper
1 lb corn meal	Savory and sage to taste

Save the liquor in which pork has been cooked, and add water to make 4 quarts, and stir the cornmeal into it. Cook until thick, stirring constantly, add the pork and liver which have been finely ground and boil 15 minutes longer stirring constantly. Simmer 30 minutes longer, stirring constantly, or set the pan in hot water and let cook 1 hour. Pack in bread pans to cool, and when ready to use, slice and sprinkle with flour and fry until brown. This is delicious served with catsup or chili sauce.

Mrs. H. C. Neeld.

CHINELLE

5 lbs beef steak	1 large onion
2 lbs bacon (not too fat)	½ pint milk
Soft crumbs of 2 lb loaf	Pepper and salt
3 eggs	

Wipe the meat with a clean cloth wrung out of cold water. Trim off neatly. Remove rind from bacon. Mince the two together. Mince onion and heat in milk to almost boiling point. Mix altogether. Butter a mold put in mixture and steam three hours. Remove cover at once but do not turn out until next day. Serve with sliced cucumbers. A 5 lb shortening pail makes an excellent mold for this recipe.

Mrs. Wm. Dawbarn.

PATE DE FOIE GRAS

1 calf liver	2 tablespoons minced parsley
2½ lbs fresh pork steak	1 teaspoon salt
1 head of celery	1 teaspoon pepper
5 large onions	Thyme
3 cloves garlic	5 eggs
Bay Leaf	½ lb salt pork

Wipe meat and trim. Put liver, meat, celery, and onions through medium knife of chopper. Add seasonings, then the well beaten yolks of eggs. Fold in the whites of eggs beaten stiff. Line a deep casserole with paper thin slices of salt pork and bay leaf, alternating around bottom and sides of dish. Have bay leaf upright on sides of casserole. Pour meat in carefully so as to keep the salt pork and bay leaf in place. Place in moderate oven and cook slowly from three to four hours, — after first half hour of cooking, place cover on casserole until finished baking. Set aside to cool. Pass knife around edges before turning out so as to have a perfect paté de foie gras.

Mrs. J. S. Whyte.

BAKED PORK CHOPS

Sear pork chops and place flat in roasting pan which has been greased. On top of each chop place a whole slice of onion, with 1 level teaspoon rice over this. Place over each a generous helping of tomato pulp and sprinkle with salt and pepper. Bake in oven at 375 degrees for about one hour.

Mrs. Maurice Gauthier.

DUMPLINGS

2 cups flour	Salt and pepper
3 teaspoons baking powder	$\frac{3}{4}$ cup sweet milk

Mix and sift dry ingredients. Add milk. Drop by teaspoonfuls into liquid for 12 minutes, placing them closely together. Keep cover on tightly. This is good dumpling to cook in vegetable soup and served as a little *extra*.

Mrs. R. H. MacDonald.

DUMPLINGS

2 cups flour	Salt and pepper
3 teaspoons baking powder	$\frac{3}{4}$ cup sweet milk

Mix and sift dry ingredients. Add milk. Place cover on bowl and let stand at least two hours before using. Drop by teaspoonfuls into liquid. Cover closely and steam for 12 minutes.

Mrs. J. S. Whyte.

YORSHIRE PUDDING

2 eggs	$\frac{3}{4}$ cup flour
1 cup milk	$\frac{1}{4}$ teaspoon salt

Beat the eggs thoroughly then add about half the milk, next add the flour, sifted twice, then add the rest of the milk. Bake in hot fat from a roast of beef, but not with the beef. Cook 25 to 35 minutes at 350 to 375. Do not open the oven door for the first 20 minutes.

Mrs. A. C. Iremonger.

YORSHIRE PUDDING

2 eggs	$\frac{1}{2}$ teaspoon salt
1 cup sweet milk	1 tablespoon fat
$\frac{1}{2}$ cup flour	

Combine ingredients. Add fat piping hot. Bake in hot fat from roast beef, but not with roast. Bake 25 to 35 minutes. Serve with Roast Beef.

Mrs. Burgess.

PASTRY

PIES – FILLINGS

PIE MAKING SUGGESTIONS

It is possible to use all-purpose flour satisfactorily, although cake flour does give a particularly flaky crust.

Pastry made with cooking oil has a soft, crumbly texture while that made of fat or solidified shortening is of a more flaky consistency.

It is recommended using a pastry blender for making crust because it speeds up the process and at the same time keeps the pastry cool.

In making pie crust be sparing of the amount of water. Remember that too much water makes a tough, hard crust.

Roll out pastry to $\frac{1}{8}$ inch thickness, making it nearly 1 inch more in diameter than the pie pan it is to cover. For example, a circle of pastry approximately 10 inches in diameter fills a 9 inch pie pan nicely. To lift pastry from the board, fold in half, lay fold across the middle of pie pan, and unfold the top layer to fill the pan.

To make the fluting you may use either a fork or the thumb and first finger of the right hand. In making a 2-crust pie, always moisten the top edge of the under crust before putting on the top crust.

The following are the favourite pie crusts and pie fillings.

BASIC PLAIN PASTRY

Enough for a two-crust pie of medium size

$1\frac{1}{2}$ cupfuls flour
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ cupful shortening

Ice water or cold water
 (About 5 tablespoonfuls)

Method No 1. Sift the flour and salt together. Add the shortening and cut into the flour until a coarse granular or crumbly mixture is formed. Do not mix too fine. Add the water tablespoonful at a time until the mass may be gathered together in one lump. Divide the dough into two lumps, one a trifle larger than the other unless a thicker top crust is preferred. Roll the larger one on a floured board and place in the bottom of the pan, press, fitting it closely so that no air bubbles remain beneath. The surface may be left plain, brushed with white of egg, or thick cream and sprinkled with sugar.

Plains Pastry No 2. Use the ingredients as given for Basic Pastry. Sift the flour and salt together. Cut in one-half the shortening. Add enough water to make a dough. Roll to $\frac{1}{2}$ inch thickness and sprinkle with the remaining shortening crumbled into bits. Fold the edges over to meet in the center, forming a triangle or square, and roll to fit the pan as directed above.

INFALLIBLE PASTRY

Pour $\frac{1}{2}$ cup boiling water over $\frac{3}{4}$ cup shortening. Beat to a cream. Mix in 2 cups bread flour sifted with:

1 teaspoon baking powder

1 teaspoon salt

Roll thin and use like regular pastry. May be used at once or kept in refrigerator until needed.

Mrs. C. S. Saunders.

PLAIN MERINGUE

2 egg whites

$\frac{1}{8}$ teaspoonful salt

2 to 4 tablespoonfuls sugar

$\frac{1}{4}$ teaspoonful flavoring

Beat the egg whites until they are foamy and white and almost, but not quite stiff enough to hold their shape. Sprinkle the sugar and salt over the surface, add the flavoring, and continue beating until the mixture is stiff enough to hold a point. Spread immediately over the pie filling, being careful to bring it to the crust around the edge of the pie. Brown slightly in a slow oven (300 degrees) for 15 minutes. Thorough mixing of the sugar into the egg whites and slow baking insures a meringue that holds its shape and cuts nicely.

PEACH PERFECTION

1 No. 2 Can or
2 $\frac{1}{2}$ cups cooked sliced peaches
1 $\frac{1}{4}$ tablespoons cornstarch
1 tablespoon sugar
1 tablespoon lemon juice

2 teaspoons butter
Few grains salt
 $\frac{1}{4}$ teaspoon almond extract
Heavy cream, whipped

Drain peaches. Measure 1 $\frac{1}{4}$ cups juice. Mix cornstarch with sugar add to peach juice. Cook, stirring until clear and thick. Remove from heat, add lemon juice, butter, salt, almond extract. Add peaches, chill; filled baked tart shells. Garnish with cream.

Mrs. H. S. Lawrence.

LEMON CHEESE

6 oz. butter
2 cups sugar

3 lemons rind and juice
3 eggs

Cook in double boiler to the thickness of honey. Have the water boiling before starting to make the Lemon Cheese.

Mrs. Wm. Dawbarn.

FILLING FOR DATE TARTS

2 egg yolks	1 teaspoon flour
$\frac{1}{4}$ teaspoon salt	1 cup sour cream
1 cup white sugar	1 cup shopped dates

Beat egg yolks add salt, sugar, flour. Mix thoroughly. Beat in sour cream and fold in dates. Line small tart tins with pastry and fill $\frac{2}{3}$ full of mixture. Bake in oven 375 degrees until brown. Beat the whites with 1 teaspoon of sugar and put on top.

Mrs. H. K. Morrison.

CHEESE STRAWS

2 oz. butter	2 oz. cheese grated
2 oz. flour	$\frac{1}{2}$ teaspoon salt and
2 oz. bread crumbs	cayenne pepper (mixed)

Mix these ingredients into a paste and roll it out a quarter of an inch in thickness, cut it into narrow strips. Lay them on a sheet of paper and bake for a few minutes. Serve cold but very fresh. Bake five minutes.

Mrs. W. Mueller.

RHUBARB CHIFFON PIE

2 tablespoons butter	$\frac{1}{2}$ cup shredded pineapple
2 tablespoons flour	(optional)
$1\frac{1}{4}$ cups sugar	1 tablespoon chopped candied
$\frac{1}{4}$ teaspoon cinnamon	ginger
2 eggs	Grated rind of one lemon
$1\frac{3}{4}$ to 2 cups thick unsweetened rhubarb sauce	

Cream butter and sugar, add yolks well beaten and flour, then remaining ingredients. Fold in 2 stiffly beaten egg whites. Bake in uncooked pie crust for 45 minutes. Serve with whipped cream.

Mrs. I. Robertson.

LEMON PIE

Juice of 2 lemons	4 tablespoons Five Roses Flour
2 cups sugar	Piece of butter
Yolks of 3 eggs	

Stir the above ingredients together with a little cold water. Add three cups of boiling water and bring to a boil. Remove from stove and put in two baked crusts. Beat the whites of the eggs, add sugar and spread on top of pies, and brown meringue in slow oven.

Mrs. G. C. Copping.

ALMOND TART

1 cup Quaker oats	Pinch of baking soda
$\frac{1}{2}$ cup sugar	1 teaspoon almond essence
1 cup flour	$\frac{1}{2}$ teaspoon vanilla

Mix together with a little melted butter. Line a tin or oven proof plate with pastry and cover well with jam. Spread the above mixture on top of the jam and bake. This is very nice made into individual tarts.

Mrs. R. L. Desmond.

BUTTER SCOTCH PIE
(Filling)

Melt 2 rounded tablespoons butter	Add $1\frac{1}{4}$ cups milk
Add 2 rounded tablespoons flour	Add 2 egg yolks
Add 1 cup brown sugar (caramelize)	

Cook until thick in double boiler.

Meringue: Whites of two eggs beaten stiff and a 2 table-
spoons of pulverized sugar. Cook slowly. Miss A. E. Richardson.

CUSTARD PIE

2 cupfuls milk	$\frac{1}{4}$ teaspoon salt
2 whole eggs and 1 egg yolk	$\frac{1}{4}$ teaspoon nutmeg
$\frac{3}{8}$ cupful sugar	$\frac{1}{2}$ teaspoon vanilla

Bake in oven 400 degrees for 20 minutes. Then bake at 300 degrees for 25 minutes. Heat milk in the top part of a double boiler, mix eggs, sugar, salt, etc. Then pour hot milk on slowly, put in pie paste and bake as above.

Miss A. E. Richardson.

PINEAPPLE PIE

3 eggs	1 small can grated pineapple
1 cupful sugar	2 tablespoonfuls of cornstarch or flour
1 cupful sweet cream	
1 tablespoon butter	

Separate the eggs, beat the yolks slightly, add all other ingredients and cook in double boiler until thick. Fill two baked crusts with this mixture, and spread with a meringue made of the three egg whites. Brown in a slow oven.

B. H. G.

LEMON PIE FILLING

Rinds and juice of 3 lemons	3 eggs (yolks)
2 cups sugar	1 teaspoon butter

Stir altogether and boil to the consistency of strained honey. Put in baked pie shell. Cover with meringue made with 2 egg whites. Brown meringue in slow oven. Mrs. D. Cassidy.

LEMON CHIFFON PIE

Beat yolks of 4 eggs.

Add 3 tablespoons lemon juice
and cook until creamy

Add $\frac{1}{2}$ tablespoon Knox Gelatine
dissolved in a little cold
water

Beat 4 eggs whites very stiff. Beat in slowly $\frac{1}{2}$ cup sugar and the cooled lemon mixture. Put in a baked pastry shell and chill for several hours. Cover with whipped cream before serving.

Mrs. C. S. Saunders.

RAISIN PIE (Filling)

1 cup raisins (or 2 cups)
 $\frac{1}{2}$ cup brown sugar
2 tablespoons lemon juice
 $\frac{1}{8}$ teaspoon salt

$1\frac{1}{2}$ cups water
3 tablespoons corn starch
2 egg yolks

Put the sugar, raisins and water on the stove to boil. Then mix cornstarch, salt, egg yolks and add boiling mixture to this. Cook until thick, pour into baked shell. Add a meringue made of the 2 egg whites beaten stiff and brown in slow oven.

Mrs. R. E. Leonard.

RAISIN — NUTS SUPREME

$\frac{1}{2}$ cupful butter
1 cupful sugar
4 eggs

1 cupful raisins
1 cupful broken walnut meats
1 teaspoon vanilla

Cream the butter and the sugar together. Add the eggs unbeaten 1 at a time, beating each one into the mixture thoroughly. Add the raisins, nutmeats and vanilla. Pour into a pastry lined pie pan and bake 40 minutes. Have the oven very hot, 450 degrees, for the first 10 minutes, then reduce to a moderate heat, (325 degrees) and bake 30 minutes. A meringue may be added if desired in which case use 2 whole eggs and 2 yolks in the filling, reserve the other two egg whites for the meringue.

Courtesy B. H. G.

RHUBARB PLAIN PIE

3 cups chopped rhubarb
1 tablespoon flour
1 cup brown sugar

Juice of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ tablespoon butter

Wash and remove strings from rhubarb. Line a pie plate with short pastry. Mix sugar and flour spread half over pastry, arrange rhubarb sprinkled with lemon juice. Cover with remainder of sugar, dot with butter. Cover with criss-cross pastry (cook 30 minutes). Serve with cream or custard sauce.

Mrs. I. Robertson.

ORANGE PIE

1 cup sugar
1 cup milk

Juice and pulp of 2 oranges
Yolks of 3 eggs

Stir the eggs with sugar and a little of the grated orange peel, with a tablespoon of butter. Add milk, then orange. Bake with one crust. When pie is cool make a meringue of egg whites well beaten with sugar. Return to oven and brown slightly:

Mrs. A. Munkittrick.

PUMPKIN PIE (for one pie)

1½ cups cooked pumpkin
⅔ cup sugar (scant)
1 teaspoon ginger
2 eggs

1½ cups milk (rich)
1 tablespoon molasses, generous
Salt, nutmeg

Add sugar, molasses, ginger and salt to pumpkin. Heat slowly for a few minutes. Remove from fire and when nearly cool add part of milk. Beat eggs slightly, add remaining milk and combine mixtures. Strain. Put in uncooked pie shell. Start at hot oven and reduce heat slowly. Cook carefully, — as you have an egg and milk mixture, which requires slow cooking and pastry which requires a hot oven. Grate nutmeg over pie, just before putting in oven.

Mrs. D. L. Macdonald.

DATE PIE

1 cup stoned dates
Cover with milk and let boil
2 egg yolks

½ cup sugar
1 teaspoon cornstarch
1 tablespoon water

Add milk and dates slowly to well beaten egg yolks. Add sugar and cornstarch dissolved in a little water. Put in baked pie shell, making meringue of egg whites and 2 tablespoons sugar. Brown slowly in oven.

Mrs. F. C. Barlow.

MOCK CHERRY PIE

1 cup cranberries
1 cup sugar
1 cup seedless raisins
1 tablespoon flour

½ cup boiling water
Small piece of butter
Vanilla

Pick over cranberries, and wash. Combine flour and sugar. Add boiling water gradually. Add cranberries and raisins and cook slowly for ten minutes. Add flavouring and butter. Pour in baked pie shell.

Flor Quilliams Hebert.

CHOCOLATE PIE

Sift together :

1 cup white sugar	¼ teaspoon salt
2 tablespoons cornstarch	2 eggs
2 tablespoons cocoa (Iona)	Vanilla

Add to above 2 cups boiling water. Stir constantly in double boiler until cooked. Remove from fire. Add yolks of 2 eggs well beaten. Return to heat and cook until a smooth mixture—add teaspoon vanilla and 2 tablespoons butter.

Put into a cooked shell. Make a meringue of 2 egg whites and four tablespoons or sugar. Brown in a slow oven.

Miss. E. Bothwell.

LEMON PIE

1½ tablespoons cornstarch	3 tablespoons flour
1 cup boiling water	¾ cupful sugar
1 teaspoon butter	2 egg yolks
Grated rind of 1 lemon	4 tablespoonful lemon juice

Blend the flour, cornstarch and sugar, add boiling water and stir and cook in double boiler until all taste of raw starch is gone, not merely until thick. Gradually add this to beaten egg yolks, return to double boiler and cook until egg thickens. Remove from heat, add butter, juice and rind. When slightly cool, pour into cooked pie crust. Top with meringue made of two stiffly beaten egg whites and four tablespoons sugar. Brown in a slow oven, 275 degrees F.

Mrs. W. D. Mosher.

BUTTERSCOTCH PIE

1 cup brown sugar	1 cup milk
2 tablespoons cornstarch	¼ teaspoon salt
2 egg yolks	1 teaspoon vanilla
2 tablespoons flour	2 tablespoons butter

Combine as for lemon pie. Add butter and vanilla after filling is cooked. Top with meringue.

Mrs. W. D. Mosher.

CUSTARD PIE

2 cups scalded milk	1 teaspoon vanilla
3 eggs	Dash of nutmeg
1 cup sugar	

Beat the eggs with the sugar and vanilla; add scalded milk; mix thoroughly — pour into uncooked pie crust. Sprinkle top of custard with nutmeg. Bake in a moderate oven.

Mrs. D. Page.

CREAM PIE FILLING

$\frac{1}{3}$ cupful sugar	$1\frac{1}{2}$ cupfuls scalded milk
$\frac{1}{3}$ cupful flour or	2 egg yolks
3 tablespoons cornstarch	2 teaspoons butter
$\frac{1}{2}$ teaspoon salt	Flavoring

Combine the sugar, flour or cornstarch and salt; stir in hot milk gradually; cook in double boiler, stirring until thick; continue to cook over boiling water until there is no starchy taste. Beat egg yolks slightly and stir a little of the hot mixture into the eggs then put in main mixture. Cook a minute or two; add butter and the flavoring (vanilla or other extract or grated rind of orange or lemon). Pour into baked pie shell. Top with meringue or whipped cream.

Mrs. W. Mosher.

COCOANUT CREAM FILLING

Fold half a cupful of cocoanut into the cream filling and scatter toasted cocoanut over the surface or put on a topping of meringue or whipped cream.

Mrs. W. Mosher.

BANANA CREAM FILLING

Fill the baked shell with alternate layers of cream filling and sliced bananas, sprinkled lightly with lemon juice and powdered sugar. Top with whipped cream or toasted cocoanut.

Mrs. W. Mosher.

CHOCOLATE CREAM FILLING

Make the cream filling, using one cupful of sugar; melt two ounces of chocolate over hot water and beat into mixture. Cover with meringue or whipped cream.

Mrs. W. Mosher.

DATE PIE

$\frac{1}{2}$ lb dates	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{2}$ cups milk	2 eggs
$\frac{1}{2}$ cup sugar	

Line pie plate with pastry. Clean and pit dates, cut in pieces and spread a layer on bottom of pastry. Beat the eggs, and the sugar, salt and milk, pour mixture over dates and bake in moderate oven until firm. Chill and top with whipped cream.

Mrs. W. D. Mosher.

PUMPKIN PIE (for medium sized pie plate)

1 good cup pumpkin (canned)	$\frac{1}{2}$ cup brown sugar
3 eggs well beaten	1 heaping tablespoon melted butter
$\frac{3}{4}$ teaspoon vanilla	Dash of salt
$\frac{1}{2}$ teaspoon each of cinnamon, nutmeg and allspice	$\frac{3}{4}$ cup milk (scant)
$\frac{1}{4}$ teaspoon cloves	

Beat eggs well, add pumpkin, melted butter, salt and vanilla. Add spices to brown sugar. Stir well. Add to pumpkin mixture, lastly add milk. Cook in slow oven one hour.

Mrs. L. H. Roberts.

DATE SCOTCH PIE

$\frac{3}{4}$ cup brown sugar	2 eggs (separated)
$\frac{1}{4}$ teaspoon salt	2 tablespoons butter
3 tablespoons flour	1 teaspoon vanilla
3 tablespoons cornstarch	1 cup coarsely cut dates
2 cups hot milk	$\frac{1}{2}$ cup pecan halves

Mix brown sugar, salt, flour and cornstarch. Stir slowly into hot milk. Cook until thick, stirring frequently. Add beaten egg yolks. Cook one minute longer. Remove from heat. Add butter, dates and vanilla. Cool partially. Then fold in stiffly beaten egg whites. Pour into baked pie shell. Arrange pecans on top. Then cover, if you wish with this Caramel Glaze.

Melt $\frac{1}{2}$ cup granulated sugar very slowly in heavy skillet, stirring constantly. When sugar caramelizes, add $\frac{1}{4}$ cup hot water. Stir and bring to boil. Cool slightly, pour over top of filling.

Mrs. W. D. Mosher.

SOUR CREAM PIE

1 cup thick sour cream	1 teaspoon cloves
1 cup brown sugar	1 teaspoon cinnamon
$\frac{1}{2}$ cup raisins	3 eggs

Beat eggs slightly with spices; beat in sugar and cream — add raisins cut in small pieces. Pour into uncooked pie shell. Bake slowly in moderate oven.

Mrs. Annie Bulman.

APPLE PIE

Make any good pie crust. Line pie plate. Cut up 4 or 5 apples. Combine with:

$1\frac{1}{8}$ cup sugar	1 teaspoon lemon juice
1 teaspoon butter	

A little grated lemon rind. Sprinkle top with nutmeg. Cover with upper crust and bake 40 to 45 minutes in a moderate oven.

Mrs. H. S. Reid.

HEAVENLY PIE

Mash two bananas or put thru potato ricer — add $\frac{1}{2}$ cup white sugar, $\frac{1}{4}$ teaspoon salt; add unbeaten whites of 2 eggs. Beat ingredients together until stiff; add $\frac{1}{8}$ teaspoon almond extract. Pour into a slightly cooked pie shell. Bake in a very moderate oven until a golden brown. May be served with whipped cream.

Mrs. D. Page.

CHOCOLATE COCOANUT PIE

Make plain or puff pastry pie shell as desired.

Filling: Heat 1 square Baker's unsweetened chocolate in double boiler. When melted, add gradually 2 cups milk, then 3 level tablespoons cornstarch dissolved in a little of the milk; $\frac{1}{2}$ cup granulated sugar, pinch of salt and 1 teaspoon vanilla.

Boil for 15 minutes stirring constantly. Remove from stove — allow to cool slightly, then pour into baked shell. Sprinkle shredded cocoanut on top at once, or allow to cool and become firm, then cover with whipped cream.

Mrs. E. R. McMullen.

COCOANUT CUSTARD PIE

$\frac{1}{2}$ lb cocoanut
1 pint milk
3 eggs

$\frac{1}{2}$ cup sugar
Pinch of salt
Nutmeg to taste

Mix well and put in an unbaked pastry shell. Bake slowly until custard is set.

Mrs. H. C. Neeld.

PORK PIE (ENGLISH)

$\frac{1}{2}$ lb lard
1 lb flour
1 teaspoon salt
1 teaspoon baking powder
 $\frac{1}{2}$ pint milk

$2\frac{1}{2}$ lbs pork (minced no too fine)
2 teaspoons salt
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ cup water
1 teaspoon gelatine

Mix flour, salt and baking powder. Boil milk and lard together. Make a depression in flour and pour in boiling liquid. Mix well. Knead and turn on flour board. Roll out for size required.

Mince steak, not too fine, and add remaining ingredients. Place pastry in bottom of pie plate, build up sides well and press down to fit pie plate securely. Fill with meat and place pastry over top, press well around edges. Make an incision in center, brush pie over with beaten egg. Cook in moderate oven 350 degrees for $2\frac{1}{2}$ hours. Cool in pie plate.

Remove rind of pork and simmer with odd pieces in two cups water with a little seasonings. Reduce liquid, to one cup and dissolve into gelatine. When pie is cold pour liquid through incision in pie to make jelly.

Mrs. Nellie Claxton.

PICKLES

For best results, only fresh vegetables and fruits should be used in making pickles, preferably none over 24 hours.

ALLERTON PICKLES

3 pints tomato pulp	6 tablespoons mustard seed
1 cup chopped celery	1 tablespoon grated nutmeg
4 tablespoons chopped red pepper	1 tablespoon cinnamon
4 tablespoons chopped onion	$\frac{1}{2}$ teaspoon cloves
4 tablespoons sugar	2 cups vinegar
	4 tablespoons salt

Wipe, peel and chop ripe tomatoes, there should be three pints. Add remaining ingredients and stir until thoroughly blended. Put in a stone jar and cover. Let stand at least one week before using. This uncooked mixture will keep six months.

Mrs. Irving Smith.

BOTTLED BEANS

8 cups beans prepared as for serving	$\frac{1}{2}$ cup salt
	$\frac{1}{4}$ cup sugar

Cover with warm water. Bring to a boil. Boil 12 minutes. Pack beans in sterilized jars; cover with bean water. Seal. When using cook until soft. If too salty change water.

A Friend.

CORN RELISH

6 ears tender corn	1 teaspoon tumeric
6 green peppers	1 pint cucumbers
4 red peppers	4 large onions
2 quarts tomatoes ($\frac{1}{2}$ ripe)	1 pint sugar
2 tablespoons salt	1 pint vinegar
2 teaspoons mustard	

Chop quite fine, boil corn 2 minutes. Cut kernels from corn, soak all together until vegetables are tender $\frac{1}{2}$ hour then rapidly for 5 minutes. Add corn last.

Gretchen Elliott.

CHILI SAUCE

24 ripe tomatoes	$\frac{1}{2}$ tablespoon cloves
4 onions	$\frac{1}{2}$ tablespoon allspice
2 green peppers	$1\frac{1}{2}$ cups sugar
3 tablespoons salt	1 pint vinegar
1 tablespoon cinnamon	

Peel tomatoes and onions and chop fine, add the other ingredients and boil slowly for three hours.

Mrs. Charles Weddell.

AUNT ELLA'S PICKLES

23 cucumbers (4 quarts)

Alum size of walnut

Soak cucumbers in brine, strong enough to float an egg 2 weeks. Cover with cloth. When scum begins to form wash cloth every morning. After two weeks cut cucumbers in pieces. Let stand overnight in alum water. Heat following liquid to boiling and pour over cucumbers four successive mornings.

1 quart vinegar

2 large sticks cinnamon

2 cups white sugar

2 blades of mace

1 tablespoon ground cloves

Gretchen Elliott.

INDIAN PICKLE

Peel 16 large ripe tomatoes

2 medium sized bunches

Peel 12 good sized sour apples

of celery

Peel 8 medium sized onions

Chop onions, tomatoes, apples and celery very fine. Add:

 $\frac{1}{2}$ cup fine salt

2 tablespoons mustard

 $\frac{1}{2}$ teaspoon pepper

3 lbs white sugar

2 tablespoons ginger

Add vinegar until you see it in contents. Boil three hours, slowly, stir often.

A Friend.

TOMATO PICKLE

1 peck green tomatoes, 6 large onions. Mix these and throw over them 1 teacup salt. Let stand overnight. Next day drain thoroughly and boil in 1 quart of vinegar 2 quarts of water for 20 minutes. Then take:

4 quarts vinegar

2 teaspoons allspice

2 lbs brown sugar

cloves, mustard and ginger

2 teaspoons cinnamon

Boil 15 minutes.

Mrs. Frank Lawrence.

UNCOOKED CUCUMBER PICKLE

1 gallon vinegar

1 cup mustard

4 cups sugar

1 cup salt

Mix well. Put into large crock and add small cucumbers. Cucumbers may be added from time to time till crock is filled. Ready to eat about the end of November or December.

Mrs. Charles Weddell.

CHILI SAUCE

12 red tomatoes	1 teaspoon ginger
6 apples	$\frac{1}{2}$ teaspoon allspice
1 bunch celery	3 teaspoons cinnamon
2 red peppers	$1\frac{3}{4}$ cups sugar
2 green peppers	1 tablespoon salt
1 onion	3 cups vinegar

Cook $1\frac{1}{2}$ hours and bottle hot.

Mrs. Grant Copping.

HOME MADE H.P. SAUCE

2 steacups vinegar	$\frac{1}{2}$ teaspoon salt
1 tablespoon molasses	$\frac{1}{2}$ teaspoon mustard
1 tablespoon sugar	1 teaspoon mixed spices
1 tablespoon flour	Cayenne and pepper to taste

Put all into a saucepan adding flour carefully, stirring to avoid lumps forming. Bring to a boil and cook for a few minutes. This will make 1 pint but can be doubled. Will keep well, if kept corked.

Mrs. M. E. Fielder.

LADY ROSE MUSTARD PICKLE

1 quart big onions chopped	4 large apples peeled and
1 quart cucumbers chopped	ground (added after mixture
1 quart little onions chopped	has stood overnight)
1 quart cauliflower chopped	3 red peppers
1 quart celery chopped	

Put all through chopper. Add 1 large tablespoon salt. Let stand overnight. Drain in the morning and add apples. Mix dry ingredients with a little vinegar and add to rest of vinegar which has been heated to boiling. Add chopped ingredients and seal.

3 pints white vinegar	1 cup flour
6 or 7 cups granulated sugar	1 heaping teaspoon tumeric
$\frac{3}{4}$ cup mustard	2 oz. mustard seed.

Mrs. R. Beck.

LUNCHEON PICKLES

8 large cucumbers	2 teaspoons tumeric powder
3 large onions	Vinegar
2 oz. mustard seed	

Slices as for tables, put in salt and water overnight. In the morning drain well. Add 1 cup brown sugar, boil until clear and tender. Add tumeric enough to make rich colour.

Mrs. Frank Lawrence.

NINE DAY PICKLE

4 quarts small cucumbers (gherkins). Put cucumbers in a stone jar. Add 1 cup salt dissolved in 2 quarts boiling water. Let stand for three days. Drain and bring brine to boiling point. Pour over cucumbers, and again let stand for three days. Drain, wipe cucumbers and pour over them 1 gallon of boiling water in which 1 tablespoonful of alum has been dissolved. Let stand for six hours. Then drain from alum water and pour over them the following syrup:

1½ quarts pickling vinegar
4 lbs brown sugar

3 oz. mixed spices in
muslin bag

Bring syrup to boiling point, and pour it over the pickles. Repeat for three consecutive days, then bottle.

Mrs. W. C. Bean.

PEPPER RELISH

2 cupfuls red sweet peppers
2 cupfuls green pepper
2 cupfuls onions
2 cupfuls celery

2 tablespoons salt
2 cupfuls vinegar
1 cupful sugar

Put peppers and onions and celery through food chopper. Cover with boiling water, simmer 10 minutes. Drain off water. Add salt, vinegar and sugar and boil slowly until desired thickness.

A Friend.

RELISH

12 ripe tomatoes
12 apples
6 onions
3 cups sugar

1 cup vinegar
2 teaspoons salt
½ teaspoon mustard
½ teaspoon black pepper
Dash of red pepper

Boil till tender. Seal.

Mrs. H. E. Shirt.

TOMATO PICKLE

12 tomatoes
3 apples
1 celery
1½ cups white sugar
2 large onions

3 cups vinegar
2 teaspoons salt
1 teaspoon ginger
1 teaspoon allspice
2 teaspoons cinnamon

Cut all the vegetables in small pieces, add the vinegar and all other spices. Bring to a boil and let boil slowly for about two hours.

Mrs. Albert Webb.

SPICED PLUMS

4 lbs plums
3 cups sugar
1 pint vinegar

1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves

Cook until thick.

Mrs. Frank Lawrence.

RIPE CUCUMBER PICKLE

6 quart cucumber

2 teaspoons alum

Peel cucumbers, cut lengthwise and remove seeds. Put 2 teaspoons alum to 1 quart water. Add cucumbers. Heat slowly for two hours. Remove, chill in ice water. Make syrup of the following:

2 lbs sugar
1 pint vinegar

2 packages pickling spice
(tied in muslin bag)

Let boil five minutes, then add cucumbers, boil 10 minutes. For three mornings in succession drain syrup off cucumbers, bring to boiling point and pour over cucumbers, letting them remain in syrup overnight. After putting in jars, add a few whole cloves and a little stick cinnamon.

Mrs. W. C. Bean.

TOMATO RELISH

2 spanish onions boiled
until soft
1 can tomatoes

1 teaspoon each salt, cinnamon and cloves and pepper
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup vinegar

Boil fifteen minutes and seal.
adding tomatoes.

Note. Strain onions before
Mrs. C. R. Wark.

RAW CHOPPED PICKLE

1 quart celery
1 quart ripe cucumbers
1 quart green tomatoes
1 quart onions

1 small cabbage
1 large cauliflower
6 red peppers (sweet)

Chop. Mix well together and sprinkle with one cup salt. Cover mixture with boiling water. Let stand for one hour and drain.

2 quarts malt vinegar
2 tablespoons mustard seed,
tumeric powder

1 cup flour
3 cups white sugar

Cook sauce mixture fifteen minutes. Have raw mixture ready, pour sauce over it, mix and bottle. Use coarse cutter in chopper.

Mrs. C. R. Wark.

WINTER CHILI SAUCE

3 cans tomatoes	$\frac{1}{2}$ cup brown sugar
1 large onion	1 teaspoon salt
2 apples	$\frac{1}{4}$ teaspoon cayenne
6 stalks celery	

Cut the apples celery and onion in fine pieces. Add cayenne, salt, sugar and tomatoes. Bring to a boil, cook fifteen minutes. Then bottle.

Mrs. E. Fielder.

SWEET CUCUMBER PICKLES

6 quarts cucumbers	1 tablespoon cloves
1 quart vinegar	3 cups brown sugar
1 tablespoon cinnamon	1 dessertspoon salt

Peel cucumbers, remove seeds. Cut in finger lengths. Cook until transparent and soft.

Mrs. R. H. MacDonald.

THOUSAND ISLAND PICKLES

Peel and slice green cucumbers enough to measure 1 quart after slicing. Add 1 large onion and 1 large green sweet pepper, each sliced, and $\frac{1}{4}$ cupful of salt. Let stand three hours, then drain. Heat together 1 pint of vinegar, $\frac{1}{2}$ teaspoonful of mustard seed, and 1 cupful of brown sugar; let come to a boil and add to the vegetables. Let boil up again, then stir in $\frac{1}{4}$ teaspoonful of powdered tumeric and seal in hot glass jars.

B. H. G.

MUSTARD PICKLES

1 quart tiny green tomatoes	1 pint midget cucumbers
1 quart large green tomatoes	1 gallon vinegar
2 or 3 heads cauliflower	$\frac{1}{2}$ lb ground mustard
6 green peppers, diced	2 cupfuls flour
1 pint to 1 quart tiny onions or	3 cupfuls sugar
1 pint larger ones quartered	2 tablespoonfuls tumeric
and sliced	$\frac{1}{2}$ cupful salt
1 pint large cucumbers sliced	Vinegar to make a paste

Quarter and slice the large tomatoes, and break the cauliflower into flowerets; dice the peppers, and quarter and slice the large onions. Slice the large cucumbers. Add all of the vegetables but the cucumbers (both large and midget) to the gallon of vinegar, let come to a good scald, and remove the vegetables. To this vinegar add the mustard, the flour, the sugar, the powdered tumeric and the salt, which have all been mixed together with enough vinegar being gradually added to make a smooth paste. Let boil up, stirring, add the vegetables, including cucumbers, bring again to boiling, and seal in jars. More vinegar may be added if needed.

B. H. G.

PICCALILLI

- | | |
|-------------------------------|--------------------------------|
| ½ peck ripe tomatoes | 3 stalks celery |
| ½ peck green tomatoes | ¾ cupful salt |
| (or 1 peck of green tomatoes | 2 quarts vinegar |
| and no red) | 3 lbs brown sugar (and 2 extra |
| 12 red peppers | cupfuls if preferred) |
| 12 green peppers (or 24 green | 1 tablespoonful mustard seed |
| peppers and no red) | 1 tablespoonful whole cloves |
| 12 small onions | 1 tablespoonful stick cinnamon |

Put the peck (2 gallons of tomatoes), the peppers, the onions, and the celery thru the chopper. Add the salt, and let stand overnight. In the morning drain. Make a syrup of the vinegar, the brown sugar, the mustard seed, the cloves, and the stick cinnamon. Scald the syrup and add it to the chopped mixture and simmer, after it has been brought to boiling for 35 minutes.

B. H. G.

CORN RELISH

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|----------------------|--------------------|
| 1 dozen ears of corn | 2 cups white sugar |
| 1 small cabbage | ¼ lb mustard |
| 2 red peppers | 3 large onions |
| 1 teaspoon tumeric | ½ cupful salt |
| 2 quarts vinegar | |

Cut kernels from corn. Add to other ingredients and boil one hour before adding tumeric powder.

Mrs. R. H. MacDonald.

GREEN TOMATO MINCE MEAT

- | | |
|-------------------------|-----------------------------|
| 4 quarts green tomatoes | 1 tablespoon salt |
| 2 lbs brown sugar | 1 cup vinegar |
| 1 lb raisins | 1 teaspoon each of cinnamon |
| 1 cup suet | and cloves |
| Molasses to taste | ½ teaspoon nutmeg |

Chop tomatoes and drain off juice. Cook half hour and drain again. Chop half the raisins and the suet. Mix ingredients, add molasses and vinegar to taste. Cook slowly six hours and seal hot.

Mrs. R. H. MacDonald.

CELERY SAUCE

- | | |
|-------------------------|----------------------|
| 12 ripe tomatoes | 1 teaspoon cinnamon |
| 3 heads celery | 1 cup white sugar |
| 3 good sized onions | 1 red pepper |
| 3 dessertspoonfuls salt | 1 pint cider vinegar |

Chop all fine and boil three hours.

Mrs. M. R. Strong.

WINTER SALAD

1 quart green tomatoes	$\frac{1}{2}$ gallon pickling vinegar
1 quart onions	$\frac{1}{2}$ oz. celery seed
1 head cabbage	$1\frac{1}{2}$ lb brown sugar
1 bunch celery	$\frac{1}{2}$ oz. tumeric powder
2 red peppers	$\frac{1}{2}$ cup flour
	$\frac{1}{2}$ cup salt

Remove seeds and pith from pepper and mince flesh. Chop all other ingredients and add $\frac{1}{2}$ cup salt and let stand overnight. Mix sugar, flour, celery seed, and tumeric with vinegar. Boil 5 minutes and add ingredients. Cook until tender (it is preferable to make a paste with a little vinegar and add to the remaining vinegar).

Mrs. R. H. MacDonald.

BEET PICKLE

1 cup vinegar	1 cup water
1 cup sugar	1 teaspoonful salt

Boil to syrup, cut beets while hot after boiling until tender, fill heated jars and cover with syrup and seal.

Mrs. H. F. Cook.

CHILI SAUCE

9 large tomatoes	1 cup pickling vinegar
2 large onions	1 tablespoon salt (level)
1 green pepper	$\frac{1}{2}$ teaspoon each of cinnamon,
$\frac{3}{4}$ cup sugar	mustard and cloves

Chop onions, tomatoes and peppers. Add sugar and boil until thick, add vinegar, salt and spices and boil five minutes. Seal in hot glass jars. Cover with wax.

Mrs. H. F. Cook.

RED TOMATO PICKLE

1 dozen large red tomatoes	1 cup white wine vinegar
6 good sized onions	1 teaspoon salt
2 cups brown sugar	1 small teaspoon pepper
2 green peppers	1 teaspoon mixed spice
1 red pepper	A little cayenne pepper

Put peppers through mincer, and slice onions finely. Cut tomatoes into slices and mix with other ingredients and boil steadily for three hours.

Mrs. D M. Fraser.

MUSTARD PICKLE OR SPANISH PICKLE

- | | |
|--|---|
| 2 pints small white onions
(peeled) | 1 head of cauliflower, broken
into small flowerets |
| 2 pints small cucumbers, cut | 4 red peppers, chopped |
| 2 pints green tomatoes, cut | (throw seeds away) |

Let stand (except peppers) in following brine for a few hours. $\frac{1}{2}$ cup salt to every 2 cups hot water. Drain. Cook until barely tender in equal parts vinegar and water. Drain. Make the following dressing:

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|--------------------|-----------------------|
| 4 cups white sugar | 6 tablespoons mustard |
| 1 cup flour | 1 tablespoon tumeric |

Mix smooth with a little vinegar and stir into $1\frac{1}{2}$ pints or more white wine vinegar. Stir until it boils. Mix with the pickle. Seal hot in jars. Cover with paraffin. If desired a little hotter, one may add some black pepper or a little white mustard seed. Vegetables may be chopped or broken into small pieces.

Mrs. E. Parker.

BREAD AND BUTTER PICKLES

6 quarts medium sized cucumbers cut in $\frac{1}{4}$ inch slices. Sprinkle with a generous handful of salt. Allow cucumbers to soak for three hours; then drain, but do not wash.

Combine:

- | | |
|---------------------------|-------------------------------------|
| 4 cups cider vinegar | $\frac{1}{4}$ teaspoon tumeric |
| 1 cup white sugar | $\frac{1}{2}$ teaspoon white pepper |
| 1 tablespoon mustard seed | $\frac{1}{2}$ teaspoon alum |
| 1 tablespoon celery seed | |

Boil vinegar and spices together five minutes. Add cucumbers and cook 10 minutes or until tender. Stir carefully so as not to break slices. When partly cooked add 9 whole cloves tied in muslin bag. Bottle in sterile jars.

Mrs. W. J. Kraemer.

INDIA CHUTNEY

- | | |
|----------------------------|---------------------------------------|
| 15 large sour apples | 2 cups brown sugar |
| 2 green peppers | 2 tablespoons mustard seed
(white) |
| 1 cup seeded raisins | 2 tablespoons ground ginger |
| 2 good sized onions | 2 tablespoons salt |
| 1 quart vinegar (pickling) | |

Pare, core and chop apples, onions and peppers from which seeds have been removed. Add raisins and vinegar, put in preserving kettle and simmer two hours. Add sugar and seasonings and cook slowly for one hour. Seal in jars while hot.

Mrs. H. S. Reid.

KETCHUP

10 lbs ripe tomatoes	1 teaspoon mustard
3 onions	1 teaspoon celery seed
2 sweet red peppers	1 teaspoon cloves (whole)
1 cup vinegar	1 teaspoon allspice (whole)
$\frac{3}{4}$ cup sugar	1 tablespoon salt
2 teaspoons paprika	3 pieces stick cinnamon

Wash vegetables. Slice. Remove the seeds from peppers. Cook vegetables for 30 minutes. Then press through a fine sieve. Boil the pulp for 30 minutes or until somewhat thick. Add remaining ingredients (cloves and cinnamon tied in muslin bag). Boil the mixture until thick, stirring frequently. Bottle in sterilized jars and store in cool place. This will yield about 2 quarts.

Mrs. T. Barclay.

SWEET PICKLES

4½ lbs apples	3 or 4 sticks cinnamon
4½ lbs green tomatoes	1 oz. allspice
6 large white onions	1 oz. pepper
1 quart vinegar	(Spices tied in two bags)
4 lbs brown sugar	1 tablespoon salt

Slice tomatoes and onions. Pare and quarter apples and stick each portion with a few cloves. Bring vinegar, sugar and spices to a boil, add apples, tomatoes and onions and cook together until tender. Store in crock.

Mrs. D. L. Maedonald.

TOMATO CHUTNEY

4 lbs ripe tomatoes	2 cups brown sugar
1 lb pared and chopped apples	1 cup seeded raisins
3 finely chopped medium onions	1 teaspoon mustard
1 pint cider vinegar	$\frac{1}{2}$ teaspoon cayenne pepper
2 tablespoons salt	

Chop vegetables, then the apples. Combine ingredients and cook until Chutney is thick and clear. Seal in hot sterile jars.

Mrs. H. C. Neeld.

RED AND GREEN PEPPER SAUCE

2 dozen sweet red peppers	8 onions
2 dozen sweet green peppers	

Remove seeds from peppers and put peppers and onions through medium knife of meat chopper. Cover with boiling water and let stand 10 minutes. Drain. Cover again with boiling water and when boiling, drain. Add: 4 cups vinegar, 3 cups sugar and salt to taste (about 2 tablespoons) and 1 tablespoon celery seed (optional). Boil 15 minutes and pour into jars.

Mrs. Margaret Meeum.

RELISH FOR FRANKFURTERS

- | | |
|-------------------------|---------------------|
| 24 large onions | 6 green peppers |
| 1 head cauliflower | 1 cup chopped onion |
| 1 small head of cabbage | |

Put all through food chopper, using a medium knife. Sprinkle with $\frac{1}{2}$ cup salt, mix well together and allow to stand overnight. In the morning drain. Heat the following to which you add the above:

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|---|---------------------------|
| 1 quart vinegar (pickling) | 1 tablespoon celery seed |
| 1 cup water | 1 tablespoon mustard seed |
| 2 lbs white sugar | 1 cup flour |
| 2 tablespoons pickling spices
(tied in muslin bag) | 1 teaspoon tumeric |

Blend flour and tumeric with a little vinegar and add to remaining vinegar. Heat. Stirring constantly. Add remaining vegetables and simmer until tender. Stir often as the pickle cooks so that it will not burn. More sugar may be added if desired.

Mrs. J. S. Whyte.

FRUIT SAUCE

- | | |
|--------------------|------------------------------|
| 15 large tomatoes | 3 good sized onions |
| 3 peaches | 1 pint vinegar |
| 1 tablespoon salt | 2 tablespoons mixed pickling |
| 3 pears | spices tied in muslin bag |
| 2 cups white sugar | |

Peel all fruit. Put through medium knife of food chopper. Add to vinegar, sugar and salt. Boil for $1\frac{1}{2}$ to 2 hours.

Mrs. James Robertson.

SAUCES

MEAT SAUCES

THE MAKING OF SAUCES

Sauce-making plays an important part in cookery, the success of many dishes depending almost entirely on the way the sauce is prepared. A little more time and care given to the sauce will make all the difference.

The three most general faults in sauces are that they are lumpy, not well seasoned, or else not cooked sufficiently.

WHITE SAUCE

This is the foundation of many other sauces, and it may be medium or thick.

The proportions to use:

For a medium sauce: 2 tablespoons butter and 2 tablespoons flour to 1 cup of milk.

For a thick sauce (for coating): $2\frac{1}{2}$ tablespoons butter and $\frac{1}{3}$ cup flour to 1 cup milk.

The method of making the sauce is to melt the butter in a saucepan, stir in the flour and mix together until well blended. Then add the milk (if adding HOT milk, add it gradually) and stir until the sauce boils and thickens. Season to taste and let the sauce boil gently for at least five or six minutes.

Mrs. B. G. Wood.

PARSLEY SAUCE

Add 1 flat tablespoonful finely chopped parsley to $\frac{1}{2}$ pint white sauce.

CHEESE SAUCE

Add 3 or 4 tablespoons finely grated cheese to $\frac{1}{2}$ pint white sauce, and stir until melted.

EGG SAUCE

Allow 1 hard-boiled egg to $\frac{1}{2}$ pint white sauce. Chop up the white and mix into the sauce. The yolk rub through a strainer, (this is usually sprinkled on top of the sauce).

ANCHOVY SAUCE

Add sufficient anchovy essence to flavour the sauce. About 1 teaspoonful to $\frac{1}{2}$ pint white sauce. As the essence is salt, do not add salt to this sauce.

CAPER SAUCE

A small bottle of capers will be sufficient for $\frac{1}{2}$ to $\frac{3}{4}$ pint sauce. They may be chopped coarsely or cut in halves.

SHRIMP SAUCE

Add a few picked shrimps and just a little anchovy essence to white sauce.

MAITRE D'HOTEL SAUCE

Make half a pint of white sauce, and just before serving add two flat teaspoonfuls chopped parsley and a squeeze of lemon juice. For special purposes a little cream may be added.

HOLLANDAISE SAUCE

Make half a pint of white sauce adding a little extra butter. When the sauce has boiled sufficiently cool it a little and beat in the yolks of two eggs. Cook for a few minutes without boiling. add a squeeze of lemon juice before serving.

Mrs. B. G. Wood.

HORSERADISH SAUCE

2 tablespoons horseradish, (grated finely)	2 dessertspoonfuls white vinegar
Salt, pepper, and mixed mustard	$\frac{3}{4}$ cup cream

Mix the horseradish with the vinegar and add seasoning to taste. Whisk the cream until quite thick, and mix in gradually.

BREAD SAUCE

1 pint milk	1 onion
1 oz. butter	Few cloves
Seasoning	1 cupful breadcrumbs

Peel the onion and stick with a few cloves, then put into a saucepan with the milk and butter.

Bring slowly to the boil, then leave at the side of the fire until the milk is well flavoured. Now bring again to the boil and stir in the breadcrumbs.

Stand the pan at the side of the fire, or in a double boiler, to allow the crumbs to swell.

Remove the onion, season the sauce and make thoroughly hot before serving. A little cream may be added if liked. Serve with Chicken or Turkey.

Mrs. B. G. Wood.

RAISIN SAUCE

$\frac{1}{4}$ cup brown sugar	$\frac{1}{4}$ teaspoon salt
1 tablespoon flour	$\frac{1}{4}$ cup orange juice
$\frac{3}{4}$ cup water	3 tablespoons lemon juice
$\frac{1}{2}$ cup seedless raisins	1 tablespoon butter

Combine sugar and flour. Add water and bring to boiling point. Add salt, orange and lemon juice and raisins. Boil five minutes and add 1 teaspoon butter. Serve with ham.

Mrs. W. R. McConnell.

BREAD SAUCE

Can be served with any Game

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|------------------|---------------------|
| 2 cups milk | 1 cup bread crumbs |
| A slice of onion | Seasonings |
| Dash of cayenne | 1 tablespoon butter |

Boil milk in double boiler, with slice of onion. Strain out onion. Add bread crumbs dried in the oven. Add piece of butter.

Mrs. H. E. Shirt.

CUMBERLAND SAUCE

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|--------------------------------------|---------------------------------|
| 1 teaspoon dry mustard | 2 tablespoons orange juice |
| 1 teaspoon paprika | 1 tablespoon lemon juice |
| $\frac{1}{2}$ teaspoon ground ginger | Dash of cayenne |
| Pinch of salt | $\frac{1}{4}$ cup currant jelly |
| Grated rind of one orange | |

Combine all ingredients except jelly which you add last. Serve with ham preferably.

Mrs. Peter Murphy.

SAUCES FOR PUDDINGS

SAUCE FOR PUDDINGS

Whipped Cream Sauce

Beat the yolks of two eggs, add 1 cup icing sugar, 1 teaspoon-full vanilla. Fold in one cup of heavy cream which has been whipped stiff.

Mrs. L. H. Roberts.

VANILLA SAUCE

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|--------------------------|--------------------|
| 1 cup powdered sugar | 1 teaspoon vanilla |
| $\frac{1}{2}$ cup butter | 1 cup milk |

Cream butter and sugar, add vanilla and gradually the milk. Place in double boiler and stir until the sauce is creamy. No longer.

Mrs. H. S. Reid.

LEMON SAUCE

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|--------------------------|----------------------|
| 1 cup sugar (granulated) | 2 cups boiling water |
| 1 large tablespoon flour | 1 lemon |
| Shake of salt | |

Mix together and moisten with cold water. Add boiling water, let boil until thick. Before removing from stove add the grated rind and juice of one lemon. Piece of butter size of an egg. This is much improved in appearance by adding a few drops of vegetable colouring. — either green or orange, using colouring scantily. One half cup of whipped cream may be added before serving.

Mrs. L. H. Roberts

MOLASSES SAUCE

To each cup of molasses add 2 tablespoonfuls of butter. Bring carefully to the boiling point and cook three minutes.

Mrs. L. H. Roberts.

HONEY SAUCE

To serve with Spiced Cottage Pudding

$\frac{1}{3}$ cup cream whipped
 $\frac{1}{2}$ cup honey

1 teaspoon lemon juice

Whip cream and add honey with lemon juice.

Mrs. C. S. Saunders.

CHOCOLATE SAUCE

Cook:

2 squares Baker's Chocolate
1 tablespoon sugar
 $1\frac{1}{4}$ cups milk in double boiler
(5 minutes)

Add:

1 teaspoon cornstarch
diluted with
 $\frac{1}{4}$ cup milk and cook 10 minutes

Melt $1\frac{1}{2}$ tablespoon butter, $\frac{1}{4}$ cup powdered sugar and cook until well caramelized. Add to first mixture and flavour with vanilla.

Mrs. H. S. Reid.

STRAWBERRY MERINGUE FOR CAKE PUDDING

1 cup crushed strawberries
 $\frac{2}{3}$ cup sugar

1 egg white
1 teaspoon lemon juice

Beat egg stiff. Combine other ingredients in meringue.

A Friend.

HONEY SAUCE

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup cream

$\frac{1}{2}$ cup honey

Boil together for few minutes until well dissolved.

Mrs. J. S. Whyte.

CARAMEL SAUCE FOR STEAM PUDDING

1 cup brown sugar
2 tablespoons butter
1 cup boiling water

1 tablespoon corn starch
Vanilla

Melt sugar, stirring slowly. Take away from direct heat, add butter. Return to heat and add 1 cup boiling water, then cornstarch diluted in a little cold water, beat until thick. Cook and add vanilla to taste.

A Friend.

HARD SAUCE

1 cup sugar
 ½ cup butter

2 eggs beaten separately
 Vanilla

Cream butter and sugar thoroughly. Add yolks of eggs beaten separately, then the stiffly beaten egg whites. Add flavouring.

Mrs. S. A. Wisdom.

LEMON SAUCE TO SERVE WITH
SPONGE CAKE

1 cup sugar
 5 tablespoons Swansdown flour
 1 egg
 1 teaspoon grated rind (lemon)

⅓ cup lemon juice
 ⅔ cup water
 2 teaspoons butter
 1 cup whipped cream

Combine flour and sugar in double boiler, add slightly beaten egg, lemon juice water and butter. Keep stirring constantly. Cook 10 minutes. Chill. Fold in lemon rind and one cup of whipped cream. Pour over sponge cake.

Mrs. H. F. Cook.

FOAMY SAUCE

2 egg whites
 1 cup sugar

1 cup boiling milk
 Juice of one lemon

Beat the whites of eggs until foamy, but not dry; add the sugar gradually; beat well. Add the milk and lemon juice slowly.

M. A. B.

MUSCAVADO SAUCE

3 cups brown sugar
 1 cup cream

⅓ teaspoon salt

Boil until well dissolved.

Miss Effie Bothwell.

WINE SAUCE

1 cup boiling water
 1 tablespoon cornstarch
 ¼ cup butter
 1 cup fruit sugar

1 egg
 1 saltspoon nutmeg
 ½ cup wine (Sherry or Port)

Dissolve cornstarch in a little cold water, stir into boiling water. Rub butter to a cream adding sugar gradually, then egg well beaten and nutmeg. When cornstarch has cooked 10 minutes, remove from heat, add wine, pour the whole mixture into butter, sugar and egg and stir until well mixed.

M. A. B.

CHOCOLATE SAUCE

4 squares Baker's chocolate
4 tablespoons sugar

1 scant cup hot water
 $\frac{1}{2}$ cup cream

Melt chocolate over hot water add sugar and stir until smooth. Add water gradually; boil slowly for ten minutes. Remove from heat. Add $\frac{1}{2}$ cup cream.

M. A. B.

BUTTERSCOTCH SAUCE

1 cup brown sugar
 $\frac{1}{4}$ cup butter
1 tablespoon flour

1 cup water (boiling)
Salt

Blend sugar and flour together. Melt butter and add sugar and flour; cook until well caramelized then add water.

Mrs. R. H. MacDonald.

SALADS

SALAD DRESSING AND MAYONNAISE

SALAD SUGGESTION

Equal amount of shrimps, celery and pecan nuts, mixed with any desired salad dressing and served on lettuce leaves.

LUNCHEON SUGGESTION

Firm tomatoes peeled and cut in two crosswise. Spread cut surface with chopped ham, thin slices of cheese or bacon, or finely chopped onion or chives and parsley. Season and place under the broiler until just heated through.

Mrs C. S. Saunders.

CRISP SUMMER SALAD

1 package lemon Jello
2 cups boiling water
1 teaspoon salt
1 teaspoon vinegar

1 cup diced cucumbers
1 cup red radishes, sliced thin
1 cup young onions, sliced

Dissolve Jello, add salt and vinegar and chill. When slightly thickened, fold in vegetables. Turn into molds and chill until firm. Unmold on crisp lettuce and serve with mayonnaise.

Mrs. F. Lawrence.

JUNE SALAD

1 cup unmixed Cottage cheese 1 cup strawberries
2 tablespoons thick
sweet cream

Wash cheese and season lightly with salt. Beat in cream and add strawberries which have been cut in halves. Arrange on hearts of lettuce and serve with whipped cream dressing.

Mrs. Burgess.

CANTALOUPE CUPS

Scoop out ripe cantaloupes with a ball cutter. Make watermelon balls with same cutter, using a well-ripened watermelon. Chill thoroughly. Scallop the halves of cantaloupe or cut edges in points. Fill with the cantaloupe and melon balls and cover with cold French dressing.

Mrs. J. F. Ellis.

HARD BOILED EGG SALAD

Hard boiled eggs quartered. Grated raw carrots. Grated raw beets and a bit of onion on lettuce leaves, dressed with either Russian or Mayonnaise.

Mrs. F. Lawrence.

PINEAPPLE BUNNY SALAD

On crisp lettuce leaves lay a ring or two of pineapple. Stand two asparagus stalks (canned) upright. Lay ripe tomatoes and green olives around it and serve with French dressing.

Mrs. J. F. Ellis.

FRUIT SALAD

2 cans Libby's Fruit Salad 8 or 10 marshmallows
 $\frac{3}{4}$ lb grapes $\frac{1}{4}$ pint whipped cream

Cut fruit, grapes, and marshmallows fine. Pour juice off fruit salad. Put cream in just before serving on lettuce leaves. Serves 4 people.

Mrs. F. Lawrence.

ORANGE AND ONION SALAD

Arrange thin slices of California oranges, peeled and thin slices of Spanish onion on a bed of lettuce leaves and dress with French dressing.

Mrs. H. G. Hayden.

ROAST BEEF SALAD

$\frac{1}{4}$ cup Mayonnaise	$\frac{1}{4}$ teaspoon salt
1 tablespoon vinegar	Dash of pepper
$\frac{1}{2}$ cup cooked potatoes, diced,	2 cups cooked string beans
$\frac{1}{2}$ teaspoon prepared horse radish	1 cup cooked roast beef, diced Paprika

Blend mayonnaise, vinegar, salt, pepper and paprika. Combine with potatoes, beans cut lengthwise, then crosswise into $\frac{3}{4}$ inch pieces. Chill until ready to serve. Add horseradish and beef and toss lightly together. Serve on crisp lettuce with radish roses. Serves 6 people.

Mrs. F. Lawrence.

BEET AND CUCUMBER SALAD

Arrange thin slices of pickled beets and thin slices of cucumber on lettuce leaves. Serve with French dressing.

Mrs. J. F. Ellis.

STRING BEAN AND TOMATO SALAD

Cut small tomatoes in half crosswise, remove centers and chill cups. Chop cooked green beans into small pieces and mix with equal parts of celery. For every cup add 2 tablespoons chopped green pepper and two chopped olives. Blend with a little mayonnaise, arrange on lettuce.

Mrs. J. F. Ellis.

JELLIED ORANGE AND CABBAGE SALAD

1 package lemon gelatine	$1\frac{1}{2}$ cups orange, diced
$1\frac{1}{2}$ cups water	$1\frac{1}{2}$ cups cabbage, (shredded)
1 tablespoon vinegar	$\frac{1}{2}$ cup diced celery

Dissolve gelatine in boiling water and cool quickly. When very cold add other ingredients and pour into individual molds. When firm unmould on lettuce and serve with creamy mayonnaise.

Mrs. F. Lawrence.

CABBAGE SALAD

Cabbage, pineapple and marshmallow. Combine with $\frac{1}{2}$ cup mayonnaise, and $\frac{1}{4}$ cup whipped cream.

DUCHESS SALAD

Wash large red apples and polish well. Cut in $\frac{1}{2}$ inches wedges and dip in pineapple juice. Peel grapefruit and remove sections from skin. Arrange three wedges of apples alternately with 2 grapefruit sections on lettuce. Dress with a little sweet French dressing just before serving.

Mrs. F. Lawrence.

FRESH FRUIT SALAD

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|--------------------------|--------------------------------|
| 1 cup pineapple | 1 pint fresh strawberries |
| 1 cup grapes or cherries | $\frac{1}{3}$ lb marshmallows |
| 1 banana | 1 cup fruit salad dressing |
| Lettuce | $\frac{1}{2}$ cup walnut meats |
| | 1 cup whipped cream |

This salad may be varied if desired. Cut pineapple size of grapes. Stem strawberries keeping a few for garnishing. Peel and slice banana. Cut marshmallows in four. Combine all fruit and put in refrigerator to chill (not freeze). Whip cream. Add one half cream to salad dressing. Add nuts to fruit mixture and arrange individual servings on lettuce leaves. Add salad dressing and top with whipped cream. Garnish with strawberries.

Mrs. F. Lawrence.

CREAM SLAW

One half cup whipped sweet cream. Two tablespoons sugar and four of vinegar. Beat well and pour over about one quart of cabbage, previously cut fine and seasoned with salt.

Mrs. H. Shirt.

PEAR MACAROON SALAD

Drain 1 can of Bartlett pears. To 1 package of cream cheese add 2 tablespoons of mayonnaise. Spread $\frac{1}{2}$ pear with this mixture and place on the other $\frac{1}{2}$ pear. Roll in crumbled macaroons. Garnish with a maraschino cherry. Serve on lettuce, with raisin or nut-bread sandwiches for lunch or Sunday night supper.

RECEPTION SALAD

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|-----------------------------|---|
| 1 package lemon gelatine | $\frac{1}{2}$ cupful celery, cut fine |
| Juice from large can of | $\frac{2}{3}$ cupful walnut meats, cut fine |
| crushed pineapple | $\frac{1}{2}$ pint whipping cream |
| Crushed pineapple from can | $\frac{1}{8}$ teaspoon salt |
| 2 cream cheese, mashed with | 1 small can of pimentos |

Mix the gelatine with the pineapple juice, which has been boiled. When it begins to jell add the other ingredients in the order given, and allow the mixture to stand in individual molds until set. If for a reception, and not to be served individually, shape in any attractive fancy mold. Serve on crisp lettuce.

DELICIOUS CABBAGE SALAD

Chop 1 pound of crisp cabbage very fine and mix with it 3 tablespoonfuls of raisins and 2 apples, cored and cut in small pieces. Mix with a dressing made of 2 mashed bananas moistened with 10 tablespoonfuls of orange juice, or mayonnaise dressing may be used if preferred.

AMERICAN BEAUTY SALAD

6 medium sized beets	Salt
$\frac{1}{2}$ lb cottage cheese	2 tablespoons cream
$\frac{1}{8}$ teaspoon pepper	Lettuce
$\frac{1}{4}$ teaspoon paprika	Mayonnaise

Wash the beets and cook in salted water until tender. Remove the skins and scoop out centers. Season the cottage cheese with pepper and paprika and add salt to taste; moisten with the cream, then fill the beets with the mixture. Serve with mayonnaise.

DELICIOUS SHRIMP SALAD

2 cans shrimps	3 hard cooked eggs
1 small bunch of celery	Paprika
6 small pickles	1 sweet green pepper

Clean and flake the shrimp. Cut the celery and pickles into small pieces and the eggs into halves lengthwise and then crosswise into small pieces. Mix all and chill. Make a dressing of the following:

$\frac{1}{2}$ cupful water	2 eggs
2 tablespoons butter	$\frac{1}{2}$ teaspoon mustard
$\frac{1}{4}$ cupful vinegar	1 teaspoon flour
$\frac{1}{4}$ cupful sugar	

Boil together the water, butter, vinegar and sugar. While this is cooking, beat the eggs well and add to them the mustard and flour. Stir into the eggs the first mixture, beating well. Put over the fire again and stir until thick. Chill, and when ready to serve mix with the shrimp and arrange in a nest of lettuce leaves. Sprinkle lightly with paprika and garnish with narrow strips of green pepper.

Courtesy "Better Homes & Gardens".

SUPPER SALAD

2 cups boiling water	4 hard cooked eggs
1 package Knox gelatine	$\frac{1}{2}$ teaspoon Worcestershire sauce
3 cups cooked or canned beef	4 hard cooked eggs
6 tablespoons mayonnaise	Head of lettuce

Dissolve gelatine in cold water, add boiling water and stir until dissolved. Cool in refrigerator. Put corned beef and lettuce through meat chopper. Add mayonnaise and Worcestershire sauce and eggs. Combine with gelatine. Pour into buttered ring and chill until firm. Unmold. Fill center with shredded cabbage and raw carrots which have been marinated in French dressing. Garnish with lettuce and unpeeled scored and sliced cucumbers. Serve with mayonnaise.

Mrs. A. C. Jenkinson.

TUNA FISH SALAD

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|----------------------------|--------------------------------|
| 2 cans tuna fish flaked | 1 dozen sweet pickles, chopped |
| 1 can red salmon flaked | 1 teaspoonful salt |
| 8 apples chopped fine | 1 cupful mayonnaise |
| 1½ cupfuls celery cut fine | |

Mix all of the ingredients lightly and serve. Some add cooked noodles to a salad of this nature, simply a matter of taste.

B. H. G.

POTATO SALAD

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|-------------------------------|--------------------------------|
| 1 quart diced cooked potatoes | 1 cupful salad dressing, (half |
| 3 hardcooked eggs, diced | boiled dressing and half |
| 1 medium size onion | mayonnaise) |
| chopped fine | Salt and pepper |
| 1 cupful celery, chopped | |

Cook the potatoes. Cool and dice. Add the eggs, onion and celery, and moisten with the salad dressing to suit the taste. Season with salt and pepper. Diced cucumbers or a diced cooked beet may be added. Chopped stuffed olives, green peppers, or pimiento adds zest.

VARIATIONS FOR A STUFFED TOMATO SALAD

Cut a slice from firm uniform size red tomatoes. Scoop out the center with a teaspoon. Salt lightly and turn up-side down in a cold place to drain 30 minutes. Stuff with any of the following:

Any combination of cold cabbage salad, or vegetable salad. Cooked and flaked fish or cubed fowl with diced cucumbers, diced celery, and diced stuffed olives. Moisten with mayonnaise or French dressing and garnish with mayonnaise and minced parsley.

Lima or kidney beans, rinsed and combined with chopped green pepper, onion, and diced celery or shredded cabbage. Moisten with French dressing and garnish with sweet pickles and sections of hard-cooked egg.

Cottage cheese seasoned with chopped parsley, minced onion, and a small amount of thick sour cream. Garnish with mayonnaise and radish roses.

Drained and cooked peas, tiny cubes of cheese, diced sweet pickles, and shredded cabbage. Moisten with French dressing.

Courtesy of "Better Homes and Gardens".

CORN SCALLOP SALAD

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|-----------------|-------------|
| 1 can corn | 1 pint milk |
| Salt and pepper | 2 eggs |

Make custard of milk and eggs well beaten. Pour over corn and bake until well set. After it is cool put on lettuce leaf and serve with salad dressing.

Mrs. L. H. Roberts.

CHEESE SALAD

1 can crushed pineapple	Juice of $\frac{1}{2}$ lemon
1 pkg. cream cheese McLaren's	Small pint cream whipped
1 scant cup sugar	1 envelope Knox Gelatine

Boil sugar and pineapple 5 minutes and while still hot add lemon juice — cheese and gelatine dissolved in a little cold water. Allow to set. Whip in cream and set again. Cut in squares.

Mrs. Wm. Boultenhouse

JERSEY SALAD DRESSING

Juice of one orange	Scant cup of sugar
Juice of one lemon	1 egg

Beat egg and sugar together, add juices. Cook until very thick. Cool and add whipped cream — one cup for whole recipe or as you wish to use it.

Mrs. E. R. Williams.

WHIPPED CREAM DRESSING

$\frac{1}{2}$ cup whipped cream	3 tablespoons lemon juice
1 tablespoon powdered sugar	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{4}$ teaspoon salt	

Whip cream until firm. Fold in remaining ingredients and serve at once.

Mrs. Burgess.

MAYONNAISE

1 egg	$\frac{1}{2}$ teaspoon mustard
1 cup mazola oil	$\frac{1}{2}$ teaspoon sugar
1 teaspoon salt	1 tablespoon vinegar

Beat egg well, then add the oil gradually, beating all the time. After oil is added beat in other ingredients.

Mrs. O. C. Weary.

FRUIT SALAD DRESSING

$\frac{1}{4}$ cup canned pineapple or orange juice	$\frac{1}{8}$ cup sugar
$\frac{1}{4}$ cup lemon juice	$\frac{1}{4}$ teaspoon salt
	2 beaten eggs

Mix well and cook in double boiler. Stir until it thickens. Cool then whip about $\frac{3}{4}$ cup sweet cream and beat into mixture. Chill.

Mrs. E. Parker.

BOILED SALAD DRESSING

3 eggs beaten	$\frac{1}{2}$ cup vinegar
1 cup cream or milk	3 tablespoons sugar
1 large teaspoon mustard	

Cook in double boiler until thick as cream.

Miss Florence Murray.

MAYONNAISE

3 eggs
 $\frac{1}{4}$ teaspoon mustard
 3 dessertspoon sugar

1 teaspoon cornstarch
 $\frac{1}{2}$ cup vinegar
 Pinch of salt

Make in double boiler. Beat well with egg beater first, then stir with spoon until it thickens. Add cream as required when desiring to use.

Mrs. E. McMullen.

HORSERADISH CREAM DRESSING

$\frac{1}{2}$ cupful heavy cream
 3 tablespoonfuls vinegar
 $\frac{1}{4}$ teaspoon salt

Few grains of pepper
 2 tablespoons grated horseradish root

Beat the cream until it begins to thicken; then add the vinegar gradually while continuing to beat. When the mixture is stiff, add the seasonings and fold in the grated horseradish.

Courtesy "B. H. & G."

GLENN FRENCH DRESSING

For each serving use 1 teaspoon sugar, sprinkle this well with salt and paprika and use enough Worcestershire sauce to moisten. Add oil until it forms a stiff paste. Thin with vinegar.

Mrs. E. R. Williams.

BOILED DRESSING

$\frac{1}{4}$ tablespoon salt
 1 teaspoon mustard
 2 tablespoons sugar
 Few grains cayenne
 $1\frac{1}{2}$ tablespoons flour

2 eggs
 $1\frac{1}{2}$ tablespoons melted butter
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup vinegar

Mix dry ingredients, add eggs slightly beaten, also butter milk and vinegar slowly. Cook in double boiler until mixture thickens, stirring constantly.

Mrs. D. L. Macdonald.

SALAD DRESSING

Into double boiler, put $\frac{3}{4}$ cup white wine vinegar (scant). Fill cup with water. Butter size of a small egg. Cook long enough to melt butter and heat vinegar. Into a bowl, mix: 1 cup sugar, 1 dessertspoon (rounded) flour, 1 teaspoonful mustard and shake of salt. Stir well. In separate bowl beat two eggs well. Gradually beat dry ingredients into eggs. When vinegar is hot pour into vinegar and stir well for a few minutes. When mixture starts to cook, keep stirring to avoid lumps. If curdles, beat with egg beater.

Mrs. L. H. Roberts.

SALAD DRESSING FOR FRUIT SALAD

Juice of 3 oranges and 2 lemons
 $\frac{1}{2}$ cup vinegar

2 eggs well beaten
 1 level dessertspoon cornstarch

Mix cornstarch with sugar. Add slowly to well beaten eggs, add remaining ingredients. Mix thoroughly. Cook in double boiler, stirring constantly until it thickens. Cool. Fold in whipped cream before serving.

Mrs. E. H. Acton.

FAMOUS CANADIAN SALAD DRESSING

2 eggs beaten until light
 1 can Eagle Brand sweetened
 Condensed Milk

1 teaspoon salt
 1 teaspoon mustard
 1 cup vinegar

Beat the first four ingredients vigorously for a few minutes, add the vinegar, stir well and set aside for a few hours to thicken. This dressing will keep for weeks.

FRUIT SALAD DRESSING

1 cup whipped cream. Add 4 to 5 tablespoons (or to taste) of Canadian Salad Dressing.

Mrs. A. R. Meldrum.

SALAD DRESSING

2 eggs
 $\frac{1}{4}$ cup sugar (generous)
 1 heaping tablespoon flour
 1 teaspoon mustard

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup white vinegar and
 fill with water
 Lump of butter

Mix well together, cook stirring constantly until it thickens.

RUSSIAN DRESSING

To above add chili sauce, chopped onion, chopped celery, olives and gherkins to taste.

VEGETABLE DRESSING FOR SALAD

2 egg yolks
 1 teaspoon honey
 1 cup oil
 2 tablespoons lemon juice

$\frac{1}{4}$ cup pimento
 $\frac{1}{4}$ cup minced green peppers
 2 tablespoons minced onion

Add honey to egg yolks, beat until lemon colored. Add one half cup of oil slowly, beating constantly. Add 1 tablespoon lemon juice then one half cup of oil, then another tablespoon lemon juice then one half cup of oil, then another tablespoon lemon juice, beating constantly. Add minced vegetables last. Serve on lettuce or use for sandwiches.

Mrs. E. H. Acton.

FRUIT SALAD DRESSING

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|---------------------------------------|-------------------------------|
| ½ cupful soft cream cheese
(white) | ¼ cup whipping cream, whipped |
| ¼ cupful tart red jelly | ½ teaspoon lemon juice |
| | Dash of salt |

Cream cheese, add jelly and whip. Add to whipped cream and lemon juice and salt. Serve with fruit salad.

MAYONNAISE

1/3 cup flour. Add gradually 1 cup warm water. Put into double boiler. Cook and stir until thick. Into a large bowl put the following ingredients in order given:

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|-----------------------------------|---------------------------------|
| 1 cup oil (olive or Wesson) | Yolks of two eggs, not beaten |
| 1 teaspoon salt | 2 scant tablespoons vinegar |
| ½ teaspoon mustard | 2 scant tablespoons lemon juice |
| Pinch of red pepper
or paprika | |

Pour in boiled flour mixture and beat constantly for 5 minutes with an egg beater.

Mrs. E. H. Acton.

SANDWICH FILLINGS

TOMATO FILLING

- | | |
|----------------|--------------------------|
| 1 can tomatoes | 1 lemon sliced thin |
| 2 cups sugar | A little salt if desired |

Simmer until thick. Rub through sieve and cool.

Miss Florence Murray.

ST. MAURICE FILLING

- | | |
|---------------------|-------------|
| ½ cup butter | ½ cup sugar |
| 1 cake cream cheese | |

Cook in double boiler until melted. Add:

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|---------------------|----------------------------------|
| 1 cup vinegar | 1 teaspoon salt |
| 3 beaten eggs | 1 small tin pimento (cut finely) |
| 3 teaspoons mustard | 2 green peppers |

Olives and sweet pickles may be added if desired. Bottle and keep in a cool place.

Mrs. W. C. Bean

HAM AND CHILI

For one loaf bread,

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|-----------------------------|---------------------------|
| 2 cups minced ham | ½ cup minced dill pickles |
| ½ cup Chili sauce | 7 pickled walnuts |
| 2 tablespoons melted butter | 1 cup mayonnaise |

Blend altogether.

Mrs. J. S. Whyte.

SANDWICH COMBINATIONS

Equal parts of finely cut nuts and grated cheese, with salad dressing.

Equal parts of grated cheese and olives cut fine, mixed with mayonnaise.

Equal parts of cream cheese and pimiento.

Ham, veal or sweet breads sliced thin or minced fine, with hard cooked eggs cut fine.

Beef or tongue chopped fine, with Worcestershire or horseradish sauce.

Raisins and nutmeats chopped fine with moistened grape juice.

Nasturtium blossoms and stems, and bread and butter packed in a box overnight to perfume the bread. Use fresh blossoms between the layers of buttered bread.

Crushed maple sugar with thick cream, with whole wheat or nut-bread.

Marmalade and chopped nutmeats on white bread or sponge drops.

Sardines (split and boned) lemon juice, and paprika.

Peanuts chopped and salted, with salad dressing, on white or whole wheat or nut bread.

Minced chives with Swiss cheese on rye bread.

Cut fresh bread while warm, spread with a sweet mixture, roll up, and tie with white ribbon.

Chopped green peppers with mayonnaise.

Fresh, crisp lettuce with mayonnaise.

Cold chicken or lobster, chopped, seasoned, and moistened with lemon juice or salad dressing.

Preserved Canton ginger in thin slices, with plain bread and butter.

Cold chicken, lettuce, sliced ripe tomato on white bread.

Alternate about 6 layers of white bread and graham bread. Use nut or fruit filling, and slice across.

One third cupful of chopped dates to 2/3 cupful of chopped apples, mixed with salad dressing. Cut in various shapes.

HOT SANDWICHES

Chicken liver with brown sauce, on toast.

Hot fried oysters with tartar sauce, on brown bread.

Club House — lettuce, chicken and hot bacon with mayonnaise on freshly made toast.

Caviar, onion juice, lemon juice on toast.

Combination — chicken, tongue, bacon, fresh tomato, and lettuce, with mayonnaise dressing, on freshly made toast.

DATE AND HONEY SANDWICH

Grind 12 stoned dates in chopper. Add $\frac{1}{4}$ cupful finely chopped or ground nutmeats or peanut butter. Work to a paste with honey, and spread between thin slices of buttered, steamed brown bread.

Courtesy of "Better Homes and Gardens".

SOUPS

Soup-making is one of the most versatile of culinary accomplishments, as well as one of the easiest.

SUPPLIES FOR SOUP MAKING

CEREALS

Barley, pearl barley, rice, tapioca, macaroni, spaghetti, vermicelli.

CONDIMENTS AND SPICES

Allspice, celery salt, cloves, mace, onion salt, paprika, white pepper, black pepper, red pepper, curry powder, Worcestershire sauce.

HERBS

Bay leaf *dried*, thyme *dried*, majoram *dried*, parsley *fresh*.

BASIC RECIPE FOR BROWN SOUP STOCK

Shin of beek (about 2 lbs)	$\frac{1}{2}$ cupful diced carrots
3 quarts cold water	$\frac{1}{2}$ cupful diced onions
2 tablespoonfuls salt	$\frac{1}{2}$ cupful diced turnip, potato, or a combination of the four
4 whole cloves	$\frac{1}{4}$ teaspoonful sugar
A few sprigs of parsley	Pepper to taste
$\frac{1}{2}$ cupful canned tomatoes	

Remove the greater portion of the meat from the shin and cut into neat small cubes. Brown the cubes lightly in a hot skillet. Crack the shin bone in several places, put into a kettle and cover with the cold water. Add the browned meat and let stand 1 hour before cooking. Add the seasonings and vegetables and simmer slowly for four hours. This soup may be served hot as it is, or strained, and served; or it may be chilled, the fat removed, and used as a consommé or basis for other soups.

SPLIT PEA SOUP

- | | |
|---------------------------------|-----------------------|
| 1½ cups split peas | ¾ lb lean pork |
| 2 quarts water, more as desired | 1 large potato grated |
| 1 onion | Salt and pepper |

Wash peas and soak overnight in cold water. In morning drain off and cook with the water, onion and pork. Half an hour before serving add grated potato and seasoning. This needs three hours to cook. Cook slowly.

Mrs. Thibault.

VEGETABLE SOUP

- | | |
|----------------|----------------------------|
| 1 quart stock | 1 pint boiling water |
| ⅓ cup carrots | Pepper |
| ¼ cup turnips | Salt, Celery salt |
| ¼ cup parsnips | 1 tablespoon rice (cooked) |
| ¼ cup cabbage | 1 cup stewed tomatoes |
| 1 onion | |

Put stock in soup pot. Cook vegetables in water until soft, add to stock with seasonings and cooked rice and strained tomatoes.

Mrs. G. Spratt.

MEAT STOCK

- | | |
|---------------------------|----------------------|
| 2 lbs beef shank and bone | 2 cloves |
| 1½ quarts of cold water | ½ bay leaf |
| 1 medium onion sliced | Dash of pepper |
| 3 celery stalks | 1 teaspoon salt |
| 1 teaspoon celery seed or | ¼ cupful rolled oats |
| 1 sprig parsley | Vegetables (diced) |

Soak bones and meat in cold water for 15 minutes. Bring to boil and simmer one hour. Cool and clarify — strain if desired.

Mrs. R. H. Ferguson.

MOCK TOMATO BISQUE SOUP

- | | |
|----------------|--------------------------|
| 4 cups water | ¾ cup rolled oats |
| 1 can tomatoes | Salt and pepper to taste |
| 1 slice onion | |

Simmer all together for two hours, then strain through a fine sieve.

Mrs. L. H. Roberts.

SCOTCH SOUP

- | | |
|----------------------------|------------------------------|
| 3 lbs mutton (forequarter) | ½ tablespoon salt (to taste) |
| 2 quarts cold water | Pepper |

Bring to a boil, then add:

- | | |
|---------------------|----------------------------|
| 1 onion | ½ small cabbage (shredded) |
| ¼ cup diced carrots | 2 tablespoons barley |
| ¼ cup diced turnip | |

Mrs. H. S. Reid.

VEGETABLES FOR TASTIER SOUPS

Carrots, celery, onion, turnip, salsify, leeks, chives.

To give *character* to cream soups, season them with a small quantity of minced parsley and onion. The onion requires cooking; the parsley only one minute in the steaming liquid. Save your coarse celery leaves, dry them, and store to use them for this purpose, either with the parsley or instead of it. These seasonings will make a very different kind of cream of celery, carrot, pea, spinach, peanut, mushroom, salmon, potato and other soups.

Courtesy of "Better Homes and Gardens".

CREAM OF CELERY SOUP

3 cups celery cut in inch pieces	2 tablespoons butter
2 cups boiling water	2 cups milk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
2 tablespoons flour	

Wash and scrape celery and cut into inch pieces, add water and cook until very soft and tender; rub through sieve. Heat milk in double boiler, and add milk to celery. Melt butter, add flour and seasoning, and mix with soup.

Mrs. G. Spratt.

CREAM OF CORN SOUP

1 can corn	1 teaspoon grated onion
1 cup milk	

Heat together, strain and add to the following white sauce. 2 tablespoons butter, 2 tablespoons flour, $2\frac{1}{2}$ cups milk.

Melt butter, add flour and blend well. Add milk and stir constantly until thick. Season to taste.

Mrs. Alex. Taylor.

CREAM OF TOMATO SOUP

$\frac{1}{2}$ can or pint tomatoes	1 quart milk
2 teaspoons sugar	1 slice onion
$\frac{1}{4}$ teaspoon soda	$\frac{1}{4}$ cup flour
1 teaspoon salt	$\frac{1}{4}$ cup butter
Pepper	

Stew tomatoes and sugar, strain, add soda and seasoning. scald milk in double boiler with one slice onion. Add flour well blended with butter. Cook thoroughly. Remove onion from milk. Combine mixtures, adding tomato to milk slowly, strain, serve at once in hot dish.

Mrs. G. Spratt.

PEA SOUP

2 cups peas
 ½ lb salt pork
 Seasonings

3 quarts cold water
 1 onion

Pick over and soak peas in cold water overnight. (If this has been overlooked, peas can be put on to boil in cold water in the morning with ¼ teaspoon baking soda). Boil until the upper skin breaks. Put in colander and run cold water (at low pressure) through them. Put peas back in pot with cold water, the salt pork in one piece and whole onion. Bring to boil and cook at moderate heat, adding water gently from time to time. Season to taste. Serve with croutons.

Mrs. J. S. Whyte.

POTATO POTAGE

1½ cups mashed potatoes
 4 tablespoons butter
 2 tablespoons flour
 1½ cups milk

2 tablespoons minced onion
 1½ cups canned consommé
 Seasonings.

Make a milk sauce of butter (in which onion has been browned) flour and milk. After it is well cooked, add consommé and mashed potatoes. Season well. Strain through a fine sieve.

Mrs. Donald Baillie.

TOMATO AND CUCUMBER SOUP

1 lb fresh or canned tomatoes
 2 oz. lean ham
 1 carrot
 1 onion
 A little celery

1½ pints stock
 Seasonings
 Milk
 Cornstarch for thickening
 Cucumber for garnish

Put the skinned tomatoes, ham, carrot, onion and celery into the stock, then simmer for 1½ hours. Strain off liquor and thicken with cornstarch diluted with a little milk. A small teaspoon of sugar brings out the flavour in the tomatoes, also extra salt is required. Garnish with rings of cucumber and serve with small fingers of toast.

Mrs. Martha Dale Popham.

APPLE AND BARLEY SOUP

1 lb apples
 2 onions
 1 pint water
 1 heaping dessertspoon
 cornstarch
 1 pint white stock, or
 half milk and half water

A little butter
 1 tablespoon sugar
 Salt
 1 oz. pearl barley
 Salt, pepper
 Dash of nutmeg

Peel, core, slice apples and onions. Cook in water until pulpy, press through sieve, return to saucepan, season, sweeten and thicken

with the flour and butter. Wash barley and simmer two hours. Put through sieve and season, — add to the apple and onion mixture. Sprinkle with celery salt and serve with cream.

Mrs. Martha Dale Popham.

CANNED TOMATO SOUP

2 pecks tomatoes	2 cups flour
12 medium sized onions	$\frac{1}{4}$ teaspoon red pepper
2 bunches of celery chopped	2 cups sugar
2 tablespoons minced parsley	$\frac{1}{2}$ cup salt
	$\frac{1}{2}$ cup butter

Cook the first four ingredients well and strain. Melt butter add flour gradually, then strained mixture; add remaining ingredients. Boil 10 to 15 minutes, stirring constantly. Seal in sterilized jars (Boil in hot bath 10 minutes. Seal).

Gretchen Elliott.

VEGETABLES

SUCCOTASH

1 can Baby Lima beans	1 can Corn
-----------------------	------------

Heat slowly. Do not boil.

Mrs. H. S. Reid.

HARVARD BEETS

6 medium sized beets	$\frac{1}{4}$ cup water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup vinegar
1 tablespoon cornstarch	Salt

Cook beets; remove skins and slice. Make the sauce by cooking sugar, cornstarch, water and vinegar together for five minutes, or until clear and no taste of cornstarch remains in sauce. Pour over the beets and let stand a few minutes before serving.

Mrs. W. C. Bean

CANDIED SWEET POTATOES

4 medium sized sweet potatoes	3 tablespoons butter
1 cup brown sugar	$\frac{1}{4}$ cup water
Grated orange rind, optional	

Boil the potatoes until about half done; peel then slice lengthwise. Put a layer of potato in a greased baking dish, sprinkle with brown sugar and orange rind if used. Dot with butter. Proceed until dish is filled. Add the water. Bake $\frac{3}{4}$ hour in slow oven.

Mrs. W. R. McConnell.

CARROT RING

- | | |
|---------------------------|-------------------------|
| 1½ cups cooked carrots | 1 teaspoon grated onion |
| ½ cup bread crumbs | 1 teaspoon salt |
| 3 well beaten egg yolks | ⅛ teaspoon pepper |
| ½ cup milk | ¼ teaspoon paprika |
| ½ cup liquid from carrots | |

Mash cooked carrots; add bread crumbs and well beaten egg yolks, milk and liquid from carrots, and remaining ingredients. Lastly fold in three stiffly beaten egg whites. Turn into a greased ring-mould. Set in pan of hot water. Bake in moderate oven one hour. Fill center with a creamed vegetable. Peas are nice.

Mrs. H. Britnell.

DUTCH RED CABBAGE

- | | |
|------------------------------|--------------------------|
| 1 medium red cabbage | 4 good sized tart apples |
| 4 tablespoons chopped onions | Salt and pepper |
| 4 tablespoons butter | |

Shred cabbage and cook in boiling salted water five minutes. Drain. Cook onion in butter five minutes, add cabbage and thinly sliced apples. The seasonings. Cook about 30 minutes or until apples are soft. An iron skillet is preferable for cooking.

Mrs. W. I. Bishop.

MUSHROOM SUPREME

- | | |
|----------------------|----------------------------------|
| 1 No. 2 can tomatoes | 3 tablespoons butter, fat or oil |
| 1 small onion | 1 lb mushroom |
| 1 teaspoon salt | 1 can peas |
| ⅛ teaspoon pepper | 2 tablespoons flour |
| ⅛ teaspoon paprika | Toast |

Combine the tomatoes with the onion, chopped fine, the salt, pepper, paprika and fat in saucepan. Cook slowly about ½ hour, chopping the tomatoes fine while cooking. Peel and slice the mushrooms, and add to the tomatoes, together with the peas. Cook 10 minutes longer, and then thicken with the flour, which has been mixed to a smooth paste with water. Heat well and serve on toast.

STRING BEANS WITH SOUR DRESSING

- | | |
|-----------------------|-----------------------|
| 1 quart string beans | ½ teaspoon salt |
| 1 canned pimento | ⅛ teaspoon pepper |
| ½ cupful cream | ⅛ teaspoonful paprika |
| 2 tablespoons vinegar | |

String the beans, cut them in halves crosswise, and slit them once lengthwise. Cook until tender, but not too soft. Rinse with cold water, crisp slightly, and chill. Shred pimiento, and mix it with the beans. The dressing with the cream beaten with the vinegar to which the seasonings have been added. This may be served hot or cold.

CARROTS A LA PRINTEMPS

- | | |
|----------------------------------|--------------------------------------|
| 1 cupful carrot strips | 2 cupfuls milk |
| 1 cupful turnip cubes | $\frac{1}{2}$ tablespoon lemon juice |
| 3 tablespoons butter, fat or oil | 1 teaspoon beef extract |
| 2 tablespoons flour | $\frac{1}{3}$ teaspoon salt |
| Dash of pepper | Chopped parsley |

Steam the carrots and turnips until tender, and cover with the following sauce: Melt the fat, add the flour, salt, pepper and cook until bubbling, and add milk slowly. Stir constantly until it boils. Add the lemon juice and beef extract; sprinkle the whole with chopped parsley and serve.

Courtesy of "Better Homes and Gardens".

LIMA BEANS AU GRATIN

- | | |
|---------------------------------------|--|
| $3\frac{1}{2}$ cups cooked lima beans | 2 cups milk |
| (dried beans, soaked and then | Salt and pepper |
| cooked in boiling salted wa- | 5 tablespoons flour |
| ter until tender) | $\frac{1}{2}$ cup grated strong cheese |
| 5 tablespoons butter | |

Melt butter, add flour and the milk. When well cooked, add $\frac{1}{2}$ cup grated strong cheese, salt and pepper. Put alternate layers of beans and sauce in greased baking dish. Sprinkle with bread crumbs, dot with butter. Cook in 450 degrees oven 10 to 15 minutes, until heated through, and crumbs are brown. Serve with bacon.

Mrs. Donald Baillie.



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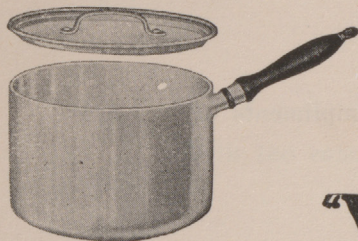
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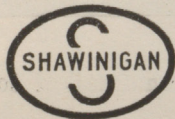
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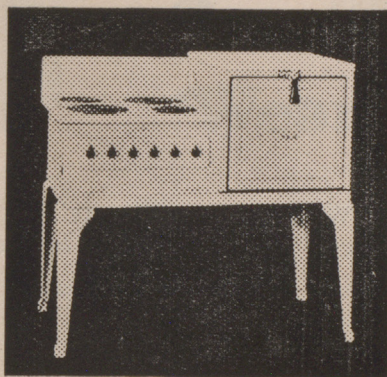
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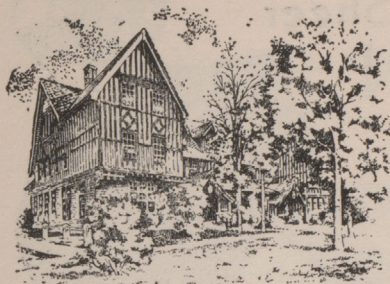
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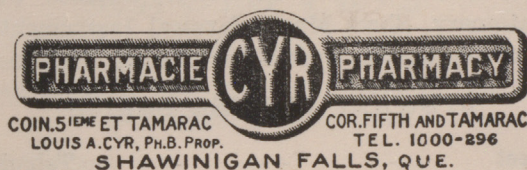
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